

Savoury Spring Onion Waffles with Poached Eggs



Preparation time: 25 mins

Serves: 8 people

User Rating: ★★★★★

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Categories: Vegetarian



Ingredients

SPRING ONION WAFFLES:

- 100g self-raising flour
- 50g buckwheat flour
- ½ tsp bicarbonate of soda
- Sea salt and black pepper
- 2 spring onions, finely sliced, plus extra to serve
- 70g cheddar cheese, grated

- 3 eggs
- 600mL buttermilk
- 100g unsalted butter, melted and cooled

TO SERVE:

- Poached eggs
- Blanched baby spinach
- Cherry tomatoes, halved
- Extra virgin olive oil

Method

1. In a large bowl, combine the flours, bicarbonate of soda and a generous pinch of sea salt and pepper. Stir through the spring onions and cheese and set aside
2. In a separate bowl whisk together the eggs, buttermilk and cooled melted butter. Add the wet ingredients to the dry ingredients and stir gently until just combined
3. Spoon in ½ cup amounts of the mixture into a hot waffle iron and cook for around 5 minutes or according to the instructions of your maker
4. Arrange the waffles onto plates and top each waffle with a poached egg, some baby spinach and cherry tomatoes
5. Drizzle generously with olive oil and season with salt and pepper. Scatter over extra spring onions and serve

Click [here](#) for our video guide to mastering poached eggs with a variety of methods.

Recipe by Julia Busuttil

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
260g	1770kJ 423kcal	18.2g	30.5g	12.8g	18.2g	5.5g	444mg	2.1g

All nutrition values are per serve.