

Soft Polenta Eggs



Preparation time: 25 mins

Serves: 2 people

User Rating:

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Categories: [Quick & Easy](#), [Pantry and Fridge Staples](#), [TikTok Recipes](#), [Dinner Recipes](#), [Vegetarian](#)



Ingredients

4 eggs, room temperature

400ml water

100ml milk

100g instant polenta

50g butter

Salt, pepper

50g Parmesan cheese (plus a little for topping)

200g mushrooms (enoki, oysters or button are ideal)

12 basil leaves

1 lemon

3 tbsp olive oil

Method

1. Bring the milk and water to a simmer, then whisk in the polenta. Turn down the heat and stir until smooth. Cook for another minute or so until thickened slightly. Remove from heat, stir in butter, parmesan and a little lemon juice, season with salt and pepper.
2. Heat half the olive oil in a non-stick frying pan. Cut the base from the mushrooms, prise apart.
3. Fry mushrooms in oil for one minute, just until lightly cooked but still have a little texture & structure to them. Season with salt and pepper.
4. Poach the eggs in gently simmering water with a little lemon juice and salt until cooked, this will take 2-3 minutes. Remove with a slotted spoon. Season with salt and pepper. For help poaching eggs perfectly [visit this recipe here](#).
5. Spoon the polenta into a deep dinner plate, top with mushrooms, arrange the poached eggs on top, and finish with torn basil, a little lemon juice, olive oil and shaved Parmesan.