

Polenta with Mushroom & Poached Egg



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Vegetarian



Ingredients

- 300g Polenta
- 150g Unsalted margarine
- 100g Parmesan cheese, freshly grated
- 1½ Litres water

Mushrooms and eggs:

- 4 eggs
- 100g dried mixed wild mushrooms or 250g fresh mixed mushrooms, sliced
- 2 cloves garlic, crushed
- 2 tbsp olive oil
- 2 tbsp unsalted margarine

- 2 tbsp chopped flat leaf parsley
- Pepper to taste

Method

1. Place the water into a large saucepan and bring to the boil. Gradually add the polenta, whisking continuously, to prevent lumps from forming. Reduce the heat to the lowest setting and cook for a further 40 minutes, stirring occasionally. When the polenta is thick and creamy and comes away from the pan, stir in the margarine and cheese, season well. Keep in a warm place.
- Mushrooms and eggs:
1. If using dried mushrooms, reconstitute in warm water for 15 minutes, drain well and pat dry with paper towel. Heat a fry pan, add the oil and margarine, allow to melt, then toss the garlic into the mixture. Add mushrooms and sauté till softened and golden. Season with pepper.
 2. Bring about 5cm of water with 1 teaspoon of vinegar to the boil in a shallow pan, and then reduce the heat to a low simmer. Crack each egg onto a saucer and then gently slide it into the water, allow to cook for 3 minutes until the white has set and the yolk is just set and soft inside.
 3. Remove with a slotted spoon and drain on paper towel. Place the prepared polenta into serving bowls topped with the sautéed mushrooms, sprinkle with the chopped parsley and top with a poached egg.

Notes

Grilled fresh asparagus spears make a delicious addition to this dish.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
617g	2780kj 664kcal	23g	41.2g	10.3g	48.4g	0.6g	423mg	3.4g

All nutrition values are per serve.