THE LIGHTER PLATE METHOD

Poached Egg & Asparagus on Sourdough

Springy asparagus and a soft egg on toast, sharpened with lemon zest.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**10 min**	**15 min**	**2**	**EASY**

Ingredients

- 200 g asparagus (woody ends snapped off)
- 2 eggs
- 2 thick slices sourdough
- 0.5 lemon
- 1.5 tbsp olive oil
- 20 g parmesan (shaved)
- 1 tbsp white wine vinegar

Method

1. Bring a wide pan of water to a bare simmer and add the vinegar.
2. Heat a griddle pan over a high heat. Toss the asparagus with 1 tbsp of the oil and a pinch of salt, then griddle for 4–5 minutes, turning, until charred and just tender.
3. Crack the eggs into the simmering water and poach for 3 minutes.
4. Toast the sourdough and drizzle with the remaining oil.
5. Pile on the asparagus, add a drained poached egg to each, then finish with lemon zest, a squeeze of juice, parmesan shavings and black pepper.

Tips & swaps

- Snap rather than cut the asparagus; it breaks naturally where the woody part ends. British asparagus runs roughly late April to June and is worth waiting for.

Storage & reheating

Best eaten immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
290	**15g**	**26g**	**15g**	**4g**

Estimated values, for guidance only. Contains: Egg, Gluten, Milk.