

## Eggs and Soldiers

- 1 large egg
  - 4 spears of fresh green asparagus
  - 2 slices of prosciutto ham
  - 2 tbsp olive oil or coconut oil
1. Cut the slices of prosciutto in half width-ways. Roll up the spears of asparagus in the prosciutto making sure they are tightly wrapped. Allow the spear end of the asparagus to remain unwrapped and visible.
  2. Heat a non-stick frying pan and add the oil. Place the asparagus soldiers in the pan and cook over a medium heat. They need about 3-4 minutes – roll them over every now and then.
  3. To cook the eggs, place them in a small pan, cover with cold water, add a pinch of salt and place the pan on a high heat. When the water is almost boiling, gently stir the egg and boil for 3-4 minutes. Remove and serve as boiled eggs in an egg cup with the soldiers alongside.

## Poached Eggs

- 1 large egg
  - Water for boiling
  - Pinch of salt
  - Dash of vinegar
1. Use a deep, large pan to poach an egg. Fill it with plenty of water and add a pinch of salt and a dash of white wine vinegar. This will help set the egg.
  2. Bring the water to the boil and use a slotted spoon to create a whirlpool in the water. Crack the egg into the middle of the whirlpool. You may want to crack it into a ramekin first – using a separate vessel helps the egg keep its shape.
  3. Let the egg set for 3-5 minutes depending on how runny you want it. You can use a slotted spoon to take it out and lightly squeeze it to test. Crack the egg onto a plate and then tip it into the water. Time as follows:
    - 3 minutes for a completely runny yolk
    - 4 minutes for a slightly set yolk with a runny middle
    - 5 minutes for a firm yolk
  4. Remove the poached egg from the boiling water using a slotted spoon and place on kitchen paper to drain.

This recipe is perfect to be served with some Hollandaise sauce and either spinach (for Eggs Florentine) or ham/bacon (for Eggs Benedict) to make some amazing dishes!