



Asparagus with smoked salmon & poached egg

Preparation time: 10 minutes

Cooking time: 1.5 minutes

Serves: 2

Good source of calcium

Ingredients:

12 asparagus spears, thin, (plunge into boiling water and cook for 2- 3 minutes) then refresh in cold, preferably iced water and drain

150 g salmon, smoked

2 eggs, free-range

4 thyme, sprigs fresh

1/2 watercress or rocket, bunch (rinse well and drain)

pepper, to taste

1 teaspoon olive oil, extra virgin

Poaching liquid

1 litre water

1 teaspoon salt

1 teaspoon vinegar

Dressing

2 teaspoons olive oil, extra virgin

2 teaspoons lemon juice

Method:

1. Arrange asparagus and salmon on serving dish - sprinkle over thyme.
2. Poach eggs - ensure that they are soft in the centre.
3. Place eggs on salmon and asparagus and top with dressed watercress or rocket.
4. Drizzle with dressing.
5. Season with pepper.

Notes: This dish can be prepared in the microwave. First cook the asparagus: Place in a shallow dish, sprinkle with water, cover with cling wrap and cook until tender but crisp. Next place eggs in individual ramekin dishes, prick yolks, cover dishes with cling wrap. Cook on moderate power for 60 seconds or until just set. Serve as described above..