



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Late April 2021

A delicious Spring breakfast

Asparagus and poached egg on toast

Asparagus and eggs are such a winning combination. The runny yolk makes the perfect 'sauce' for the fresh tasty asparagus. If poached eggs aren't for you, try dipping the asparagus in a boiled egg instead!



Ingredients- (per person)

6-8 asparagus spears

2 eggs

½ a lemon

Olive oil, salt and pepper

Toast or a bagel

You will need a griddle pan or frying pan, a fine grater, a small pan for eggs and a slotted spoon.

Method

1. Heat about 3 inches of water in a small pan for your eggs.
2. Start to heat up your griddle pan or frying pan. Drizzle olive oil over the asparagus and then place into your hot pan. Depending on the thickness of the spears they will need 4-6 minutes. Test one with a sharp knife if you're not sure.
3. Zest the lemon and keep to one side. Squeeze the lemon juice over the asparagus.
4. Put your toast on.
5. When the water is gently simmering, break the eggs gently into the water and cook until the white of the egg is just firming up (around 2-3 minutes, sometimes less so keep an eye on them!). Remove with a slotted spoon.
6. Arrange the asparagus on the toast and top with your poached eggs. Sprinkle the lemon zest over the top along with some salt and black pepper.