



Royal  
Botanic Garden  
Edinburgh

## Botanic Cottage Community Cook Club Late June 2021

### A tasty breakfast

#### Asparagus, egg and greens on toast

This makes a really delicious breakfast and is nicely balanced too, two of your 5 a day, plus carbohydrate and protein. If you don't feel confident poaching eggs or your eggs aren't super fresh then boil them instead and scoop the egg out on to the toast (I do 5 minutes for a medium egg).



#### Ingredients, per person

- 1 large slice of good bread to toast (sourdough, rye, wholemeal all good)
- A large handful of greens (chard, spinach, kale etc)
- 2 eggs, as fresh as possible
- 4-5 spears of asparagus
- ½ a lemon
- Olive oil, salt and pepper

You will need a small frying pan, a small pot, a zester or grater.

#### Method

1. Wash and roughly chop the greens.
2. Heat a drizzle of olive oil in the small pan, and then add the greens. Cook for a minute or two until wilted and add a little salt and pepper. Remove from the pan and keep warm.
3. Bring a small pot of water to a simmer.
4. Put the toast on.
5. Trim any woody ends from the asparagus. Add another drizzle of oil to the frying pan and add the asparagus. Cook for 2 minutes until picking up a little colour. Add a splash of water and a squeeze of lemon juice and continue to cook for a further minute until tender but still with a bit of bite.

6. Crack two eggs into the simmering water and poach for two minutes or until the white is cooked.
7. Top the toast with the wired greens followed by the poached eggs and then balance the asparagus on top.
8. Grate a little lemon zest on top plus some salt and pepper.