Breakfast

Asparagus muffins with poached eggs

Golden toasted muffin halves are layered with wafer-thin ham and tender asparagus, then crowned with a softly poached egg. A little cream cheese and black pepper finish the dish.



Freezer safe

10 min	316	26.6 g	5.7 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 bunch asparagus (10 medium spears, 200g)
- [ ] 2 tbsp vinegar (malt, spirit or cider)
- [ ] 2 large eggs
- [ ] 2 muffins (ideally wholemeal)
- [ ] 2 tsp half-fat cream cheese
- [ ] 50 g wafer-thin ham
- [ ] pinch black pepper

Method

- [ ] **1** Fill a pan with water and bring it to the boil, then slip the asparagus in. Give the spears 5 to 7 minutes in the pan and they will come out tender.
- [ ] **2** For the eggs, stir the vinegar into a large pan of boiling water. Crack each one gently and slide it into the water, letting the eggs poach for 3 to 4 minutes.
- [ ] **3** While the eggs poach, split the muffins open and toast the halves under a grill you have preheated. Spread a little half-fat cream cheese across the warm halves, then cut each one in half again so you end up with 4 semi-circles.
- [ ] **4** Arrange these pieces across two plates, lay the wafer-thin ham on top and share the asparagus out the same way.
- [ ] **5** Sit a poached egg on top of one muffin piece on each plate, season everything with the black pepper and serve.

Nutrition Facts

Per serving

Calories	**316**
Total fat	10.6 g
Saturated fat	3.4 g
Sodium	Not listed
Total carbs	26.6 g
Fiber	6.1 g
Total sugars	5.7 g
Protein	25.3 g

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