

SUGAR SMART



#FOODREVOLUTION



BOILED EGGS & ASPARAGUS SOLDIERS

SERVES 4

TOTAL TIME: 20 MINUTES

Think of this as the perfect boiled egg, but stepped up a gear. As well as enriching your body with a tasty, nutritious combo of egg and wholemeal toast, the super-charged asparagus soldiers are a genius way to up your veg intake. Happy days!

This is one of Jamie's Food Revolution recipes, a collection of simple dishes that teach us how to feed ourselves and our families good, nutritious food for years to come. A good, homemade breakfast is one of the best ways to give yourself a healthy head start. Find out more at jamiesfoodrevolution.org

INGREDIENTS

- 1 large bunch of asparagus (16 spears)
- 8 slices of higher-welfare pancetta
- 4 large free-range eggs
- 4 slices of wholemeal bread (50g each)

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NOTES

1. Place a griddle pan over a high heat to heat up.
2. Snap the woody ends off the asparagus and discard.
3. Fill a medium saucepan three-quarters of the way up with water, add a pinch of sea salt, then place over a high heat and bring to a fast boil.
4. On a chopping board, gently stretch out each slice of pancetta using the back of a knife, then cut each in half across the middle so you end up with 16 pieces.
5. Wrap each asparagus spear in a piece of pancetta, then place onto the hot griddle and cook for 5 minutes, or until the asparagus is tender and the pancetta is crisp, turning occasionally.
6. One at a time, place the eggs onto a spoon, then carefully dip in and out of the boiling water a few times – dipping will reduce the temperature shock and stop them from cracking – then gently lower into the pan.
7. Cook the eggs for 5½ minutes so that they're runny for dunking – set a timer.
8. Carefully remove the eggs from the water and place into egg cups set on a plate, then divide up the asparagus.
9. Meanwhile, quickly toast the bread on the griddle for 30 seconds on each side. Remove from the pan, slice into soldiers on a clean board and divide between your plates.
10. Lightly tap and remove the top of each egg, season with black pepper, then tuck in.

Calories	Fat	Sat Fat	Protein	Carbs	Sugar	Salt	Fibre
240kcal	10.6g	2.9g	15.7g	22.8g	3.1g	1g	3.6g

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