

# Asparagus with Poached Egg and Soldiers



## Ingredients:

- 1l water
- 1tbs vinegar
- 1 x organic or free range egg
- 4 x asparagus branches - boiled for 1 min in water
- butter
- Black Pepper
- salt
- lemon
- turmeric
- bread, one slice
- chilli, cayenne pepper (optional)

Preparation time: 15min

## Preparation:

On boiling water add vinegar and pinch of salt. Stir it and while stirring add an egg. Let it cook for about 2min. Take it out and place carefully on a plate.

In separate bowl of boiling water with salt place asparagus and cook for 1min. Rise on plate.

**On frying pan with butter place the asparagus, sprinkle with black pepper (you can also add chilli or cayenne pepper as well) salt, little bit of lemon and turmeric to taste. Cook for about 2min and place on the plate together with the left over butter.**

**On the frying pan, toast your slice of bread. After it is ready, slice into smaller slices so they look like soldiers 😊**

**Your dish is ready!**