



Sauteed asparagus with eggs and parmesan

This recipe is perfect when you need to throw something together quickly at the end of a long day. The amount of time to create this meal versus the amount of energy and fuel it provides you with will shock you, trust us!

Ingredients

- 2 rounds asparagus stalks
- 2 TBS olive oil
- 1 TBS balsamic vinegar
- 6 very fresh hen's eggs
- Small block parmesan cheese
- Salt and freshly ground black pepper



Serves 2

Method



1. First, shave the block of parmesan with a potato peeler until you have 1 TBS of tiny slivers
2. In a frying pan, heat 1 TBS oil over a high heat, add the asparagus stalks, then immediately turn the heat down to medium
3. Move the stalks about in the pan and turn them so that they are a little toasted at the edges (they should take 3-4 minutes to cook, depending on their thickness). When they are done, turn off the heat, add the balsamic vinegar and let them keep warm in the pan while you cook the eggs
4. In a second frying pan, heat the remaining oil until it is hot. Quickly break each egg into the pan, then tilt the pan to baste the eggs with hot oil - after about 1 minute, they will be done
5. Arrange the asparagus on warmed serving plates with the pan juices sprinkled over
6. Top each portion with 3 eggs, season with salt and pepper, sprinkle on the parmesan and serve immediately

The Grange
Welford Road

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