



Asparagus with Christmas Ham and Poached Egg.

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Ingredients

2 Bunches of Asparagus. (about 24 spears)

4 Organic Free Range Eggs.

8 thin slices of good Christmas Ham, Prosciutto or any nice ham product.

Salt

Cracked Black Pepper

Olive Oil

Butter

Fresh Grated Parmesan

Instructions

- This is a very simple recipe, great for a quick tasty lunch, entree or treat for breakfast.

Bring 2cm of salted water to the boil in a large fry pan, simmer the asparagus for 3-5 mins or until tender and a lovely bright green colour.

Keeping the water boiling, Remove Asparagus, drain, toss with a small amount of butter and divide between 4 warm plates (6 to a plate), making sure spears are set side by side.

Crack 4 eggs into the pan and poach until white part is firm but yolk is still runny.

Place 2 slices of ham on top of Asparagus and then the Egg on top of the ham. Season with salt and plenty of black pepper and then sprinkle with Parmesan to taste. Serve.