



The Egg and I (Egg and Leek Salad)

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

2 eggs

The tender part of 2 small leeks, sliced lengthwise

Mixed greens

EVOO

Balsamic vinegar

Red wine vinegar

Vinegar (for poaching)

Salt

Pepper

Instructions

I needed to practice my egg poaching and was in the mood for a light lunch. This salad was the result. The egg and leeks were a good match, and a nice contrast with the vinaigrette.

First cook leeks until tender in a pan on medium heat with a little olive oil, salt and pepper.

After placing the leeks on your bed of greens, dress the salad with olive oil, balsamic and red wine vinegar mixed with some salt and pepper.

Finally, poach an egg in lightly boiling water with some salt and vinegar, place on leeks and enjoy.