

Asparagus salad with avocado and poached egg

12 asparagus spears
1 avocado, diced
½ red onion, finely sliced
30g rocket lettuce
20g roasted capsicum, strips
2 eggs, poached
2 tbsp parmesan cheese, grated
4 tbsp extra virgin olive oil
1 tbsp vinegar
salt & pepper, to taste

1. In a frypan, Sautee asparagus spears in olive oil.
2. Place asparagus, rocket, capsicum and avocado in a bowl and dress with olive oil and vinegar.
3. Place salad on a plate, top with warm poached egg.
4. Sprinkle on some grated parmesan cheese and serve immediately.

Serves 2.



Recipe and image by Chef Jason Ford.