



Asparagus with poached eggs and bacon



Categoria
Brunch



Tempo de preparação
Rápido



Dificuldade
Médio



Custo
Intermediate




Com quem?
Meal for two



Nº de pessoas
4 pessoas

Ingredientes

 6 tbsp of Victor Guedes
Extra Virgin Olive Oil
Reserve

- 20 asparagus
- 8 bacon rashers
- 4 eggs
- 50g of parmesan cheese
- Fleur de sel, to taste
- Ground pepper, to taste

Method of preparation

1

Begin by dividing the asparagus into 4 bundles and wrapping two rashers of bacon around each.

2

Drizzle with half the olive oil and add salt and pepper to taste.

3

Bake in a preheated oven at 190°C for 12 minutes.

4

Then, poach the eggs: pour bubbling water into a frying pan with a high rim, adding a few drops of vinegar. Put a tablespoon into the frying pan and break an egg into it. Let it cook for about 2 minutes. Then, remove the egg with the spoon, set aside, and repeat the same process for the remaining eggs.

5

Serve the asparagus by placing the eggs over the bacon and adding slivers of parmesan cheese, the remaining olive oil and salt and pepper to taste.

Produtos utilizados



Reserve

Extra Virgin Olive Oil

Veja também

 Brunch  Rápido  Fácil

Croissants com abacate, bacon e ovo escalfado

 Brunch  Rápido  Fácil

Tostada com tomate e ovo frito

 Brunch  Demorado  Médio

Waffles de legumes com tomate e abacate

 Brunch  Médio  Fácil

Gnocchi com cogumelos e queijo parmesão

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Espargos com salmão e ovo escalfado



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