

## Salmon, Asparagus and Poached Eggs

### Ingredients for One

1 fillet of Hot Smoked Salmon/Mackerel/Trout gently flaked.

4-5 stalks of Asparagus

2 fresh eggs

Vinegar for Poaching

Wholemeal Toast to serve

2-3 tbsps Greek Yoghurt

1 anchovy

1 clove garlic/1 tsp garlic puree

1 tsp mustard

Lemon zest and juice

### Method

Get a griddle pan or frying pan on high heat. Cut the asparagus ends off and split the stalk lengthwise down the middle. Put the cut side down on the hot griddle or frying pan and let the asparagus char. Once charred flip over and cook the other side. Set aside and keep warm.

You could toast your bread on the hot griddle if you wanted too.

In a non-stick frying pan, fill with hot water from the kettle. Add in 2 tablespoons of vinegar. Keep the water just below boiling.

Crack in your very fresh eggs into the water, let the egg set, you can use a spoon to gently tease the egg off the bottom of the pan if you need to. Cook for 2-3 minutes until all the white has set.

Mash the anchovy and garlic together with a fork to form a paste, add in the mustard, the lemon zest and juice, and the yogurt, mix to make a sauce.

Remove, and drain the eggs on kitchen paper.

Dress your plate with your ingredients and enjoy.