

VeraVia – Poached Eggs with Arugula Breakfast Salad

Ingredients:

4 eggs
2 c. arugula
Olive oil
Salt and pepper

Method:

- Fill up a deep pan with water. Bring it to a light simmer over a medium heat and add a pinch of sea salt.
- Crack one of your eggs into a cup and gently pour it into the water in one fluid movement. Repeat with the rest of the eggs. (Alternatively, use silicone cups for poaching eggs)
- They should start to cook immediately. Cook 2 minutes for a really soft egg and 4 for a firmer one.
- Remove one egg carefully from the pan with a slotted spoon and give it a gentle push with a teaspoon. If it feels too soft, put it back and give the eggs a minute or two more in the water to firm up.
- As soon as eggs are ready, remove them to some kitchen paper to dry off and serve over arugula topped with a sprinkle of olive oil, sea salt and freshly ground black pepper.