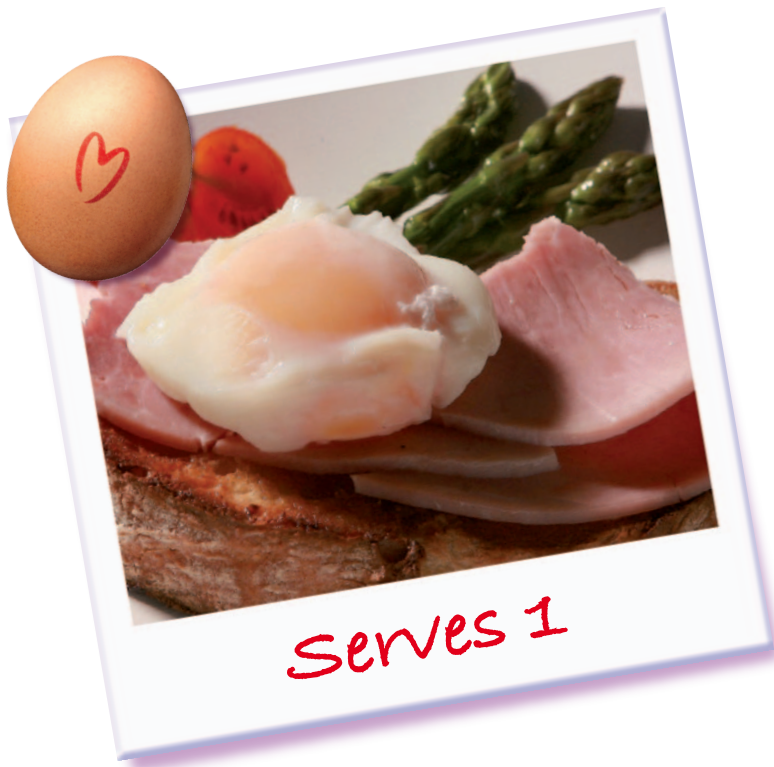




Perfectly Poached Egg



Preparation time: 10 minutes

Cooking time: 10-15 minutes

Ingredients

1 x Goldenlay Omega 3 egg

Water for boiling

Pinch of salt

Dash of vinegar

Warmed, buttered muffin

Slice of ham

Vegetables of your choice

Method

1. Fill a large pan with 5cm (2") of water. Add a pinch of salt and a dash of vinegar to help set the egg. Bring the water to a gentle boil. Crack the egg onto a plate and then tip it into the water. Set a kitchen timer for one of the timings below:
 - 3 minutes for a completely runny egg yolk
 - 4 minutes for a slightly set yolk with a runny middle
 - 5 minutes for a firm egg yolk
2. When the cooking time is complete, carefully remove the poached egg from the boiling water using a slotted spoon and place on kitchen paper to drain. Serve immediately on a buttered muffin with the ham and the vegetables.

The perfect quick meal