

Herby Smoked Salmon Poached Eggs



Serves 1

Prep 10 mins

Cooking 10 mins

Challenge

Ingredients

10g smoked salmon

1 large free-range egg

80g spinach

1 thick slice wholemeal bread (50g)

1 heaped tsp cream cheese

1 lemon

olive oil

chives

1. Lay a 40cm sheet of non-PVC cling film flat on a work surface and rub with a little oil. Finely chop the chives and sprinkle in the centre of the sheet, then slice and lay over the salmon and carefully crack the egg on top. Pull in the sides of the cling film and - very important - gently squeeze out any air around the egg. Twist, then tie a knot in the cling film to secure the egg snugly inside.
2. To make this easier, you can put the buttered salmon in a ramekin, and crack the egg in it.
3. Poach the parcel in a pan of simmering water for 6 to 7 minutes for soft-poached, or until cooked to your liking.
4. Place a colander above the pan and wilt the spinach as the egg poaches or wilt the spinach in a saucepan with just the water that clings to the leaves from washing them.
5. Meanwhile, toast the bread and spread the cream cheese on it like butter. Squeeze any excess liquid out of the spinach, then spoon over the toast.
6. Snip open the cling film parcel, unwrap the egg and place proudly on top. Serve with a wedge of lemon for squeezing over, then season and serve.