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*by The Happy Egg*

## Asparagus and Poached Egg Salad



## Ingredients

50g wild rocket leaves  
 50g frisee lettuce leaves  
 Small bunch of asparagus spears  
 150ml virgin rapeseed oil  
 50ml white wine vinegar  
 1 dessert spoon of honey  
 1 shallot, finely chopped  
 2 happy egg yolks  
 4 happy eggs  
 Salt & pepper to season

## Preparation

- 1 <strong>Leaves
- 2 </strong>
- 3 Wash lettuce and rocket leaves and pat dry with paper towels or use a salad spinner. Put aside.
- 4 <strong>Asparagus</strong>
- 5 Holding it at the bottom, bend each asparagus spear until it snaps
- 6 save the bottoms, you can make another dish from them, like soup. With the tops, trim them until the lower stem is smooth, then place in a pan and cook for 3 minutes on a low simmer.
- 7 <strong>Mayonnaise</strong>
- 8 In a bowl, whisk together the rapeseed oil, vinegar, honey and shallot to make a vinaigrette. In a separate bowl, whisk together 2 happy egg yolks. Slowly add the vinaigrette, mixing continuously, making a sweet vinaigrette style mayonnaise.
- 9 <strong>To cook the perfect poached egg</strong>
- 10 Poach the four happy eggs. A great trick to hold the happy egg together when cooking is to place the whole egg (shell on) in simmering water for 10 seconds, then place it in cold water until it's cool enough to touch. Next, crack it open and place into simmering water and cook for 3 minutes. Add a few drops of vinegar to the water too.
- 11 <strong>To serve</strong>
- 12 Place the leaves and asparagus in a bowl, drizzle the mayonnaise down the inside of the bowl, then gently toss. Arrange the leaves and asparagus on a plate, place the poached eggs on top and sprinkle with a little salt & pepper to season.

## Cooks Note

Source: The Happy Egg

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