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breakfast

boiled eggs with asparagus & ham soldiers

Ingredients

Calories 231, Carbohydrates 2g
Protein 23g, Fibre 2g, Salt 1.3g

2 eggs
4 slices ham, wafer-thin
80 g (23/4 oz) asparagus spears
1/2 tsp chives

Method

- 1 Carefully place the eggs in a pan of boiling water and allow to simmer for 4 minutes for soft-boiled. Remove from the water and set aside.
- 2 Meanwhile, cut each slice of ham in half and wrap 1 or 2 pieces around each asparagus spear, until all the slices are used up.
- 3 Place the wrapped spears, seam-side down, under a medium-hot grill for 3–4 minutes, until the asparagus is slightly tender and the ham is crisp.
- 4 Once the eggs have cooled to the touch, cut the tops off, sprinkle with the chives and use the asparagus soldiers to dip in to the yolk.