

Grilled Asparagus with poached egg, Parmigiano and truffle

by Françoise La Prune

serves	level	prep time
2 as a starter	easy	15 min

When grilled asparagus meets a runny poached egg, parmesan and truffle shavings it is bound to be a love affair. A dish so easy to make but absolutely extravagant in every sense... This recipe is prepared in 15 minutes, is bursting with health thanks to the asparagus and the poached egg and has an absolute WOW factor - one of my favourite dishes to serve at a dinner party or when in a rush.



Ingredients

12 asparagus spears - trimmed
2 poached eggs

Garnish:

extra virgin olive oil
Parmigiano - shavings
fresh truffle - shavings
salt & black pepper

Instructions

1. Heat your grill pan on high heat. Add the asparagus and grill until cooked but still crunchy - check with a knife.
2. In the meantime poach the egg - find method on my ['The Perfect Poach Egg' post](#).
3. Divide the asparagus on two plates, carefully lay the poached egg on the spears, drizzle with olive oil, scatter the Parmigiano and truffle shavings on top followed by some black pepper and salt.
4. Enjoy!

Tips / Variations:

- **Make it wallet-friendly:** instead of the fresh truffle shavings you can use tartufata - a black truffle and mushroom sauce or exchange the olive oil with truffle-scented oil.
- **Make it more rustic:** exchange the truffle with some crispy bacon.
- **Make it vegan:** exchange the poached egg with a vegan fried egg from ['One Green Planet'](#) and the parmesan with a vegan alternative such as on the one from ['The Minimalist Baker'](#).
- **Make it a main course:** Just double the quantities of asparagus and eggs.

