

Dippy eggs



Ingredients:

- 2 Co-operative Medium Eggs
- 1 pack of The Co-operative prosciutto
- 2 slices of The Co-operative Farmhouse Bread
- 6 shoots of Asparagus
- Olive Oil

Equipment:

- Frying pan
- Saucepan
- Spatula
- Toaster
- Knife
- Spoon



Serves 2



Prep: 10 mins
Cook: 50 mins

Approx. per serving:

SERVES 2	ENERGY 1503kJ 360kcal 18%	FAT 22g HIGH 32%	SATURATES 7.6g HIGH 38%	SUGARS 2.7g LOW 3%	SALT 2.43g HIGH 41%	CARB 18g
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How to make:

- **Step 1** - Wrap one slice of prosciutto around each piece of asparagus, ensuring you cover the entire stem.
- **Step 2** - Heat a drizzle of olive oil in a frying pan over a medium to high heat. Add the asparagus wraps to the pan and fry for 8-10 minutes, turning frequently.
- **Step 3** - Bring a saucepan of water to the boil, add the eggs and cook for 4-5 minutes.
- **Step 4** - While boiling the eggs, toast the bread, butter and cut into soldiers.
- **Step 5** - Plate up the asparagus, eggs and toast and enjoy.