

Schnitzel Eggs & Asparagus



Serves 2

Prep 25 mins

Cooking 5 mins

Challenge

Ingredients

3 eggs
sunflower oil for frying
4 tbsp plain flour
50 panko breadcrumbs
200g asparagus, woody ends discarded

Dressing

1 tbsp rice vinegar, plus a splash more
2 tbsp light soy sauce
1 tsp sesame oil
1 tbsp olive oil
1 tsp sugar

1. Fill a wide pan 1/2 full with water, add a splash of rice vinegar over a medium heat until gently and steadily simmering. Swirl the water to make a whirlpool, crack an egg into a small cup, then tip into the centre of the pan as the whirlpool subsides. Poach gently for 2 mins, until the white is set enough to lift out carefully and transfer to a bowl of ice cold water. Repeat with a second egg.
2. Whisk the dressing ingredients and set aside.
3. Heat 6-8 cm of sunflower oil in a wok or saucepan until it reaches 190 C or until a cube of bread browns in 20 seconds. Put a pan of water onto the boil. Tip the flour and breadcrumbs onto separate plates. Beat the third egg in a shallow bowl.
4. Carefully lift the cold poached eggs from the water and pat dry with kitchen paper. Gently coat in flour, followed by the beaten egg, followed by the breadcrumbs. Lower into the hot oil and fry just until the crumbs are golden brown and crisp - around 30 seconds or so. Flip the eggs if you need to, so both sides are evenly crisp. Lift onto more kitchen paper and drop the asparagus into the boiling water for 1 -2 mins until just tender.
5. Drain the asparagus, divide between 2 plates, and top each with a schnitzel egg. Drizzle over the dressing and serve immediately.