

Breakfast

Poached Salmon and Eggs

Ingredients:

Eggs, whole

(first week: 2 eggs = 20g), 1 egg = 10g.

150g	Salmon fillet, cut into 2 pieces = 23g protein
200 ml	water
3 tsp.	toasted slivered almonds
	sprinkling fresh chopped parsley
	freshly ground pepper

Method:

- Put the fish in a non-stick frying pan and cover with water
- Bring slowly to boil, then simmer until fish is tender but not breaking up
- Transfer with a slotted spoon to warmed serving plate and keep hot
- Bring the cooking liquid to a boil
- Crack an egg into a cup
- Using a spoon, stir the water very quickly to create a 'whirlpool' and then slide the egg carefully into the water
- Repeat with the remaining egg
- Simmer for 3 minutes or until each egg is firmly set
- Meanwhile sprinkle fish with pepper to taste
- When eggs cooked, remove from the pan with a slotted spoon and place on each piece of fish
- Garnish with toasted almonds and fresh chopped parsley