



Boiled Egg and Soldiers (makes 1 serving)

Ingredients

2-3 Eggs Boiled
1 Tsp of Olive Oil
Handful Portion Size of Asparagus

Method

Boil the eggs in a saucepan of boiling water for 3 minutes.

Heat the olive oil in a frying pan and fry the asparagus until browning slightly and turning soft.

Take the top off the eggs and don't forget to dip the asparagus!

Enjoy!



Suitable for meals 1, 2 and 6