

# PESTO COURGETTI SALAD WITH POACHED EGGS



## QUICK

15 mins prep  
time

## HEALTHY

Basil contains Vitamin K,  
needed for healthy tissue  
growth and helping  
blood to clot

## FAMILY

Feeds 4

## MEALS

Delicious served  
with crackers or  
wholemeal toast

## INGREDIENTS

- 4 large courgettes
- 8 eggs
- 24 cherry tomatoes
- 4 spring onions
- 1 tsp white wine vinegar
- 1 tsp salt
- Extra pine nuts to serve

## PESTO INGREDIENTS

- 100g pine nuts
- 100g basil and/or spinach (I do 25g basil and 75g spinach)
- 4 garlic cloves
- 100 ml olive oil
- Plus water
- Salt and Pepper

## METHOD

- 1) Put the pesto ingredients into a blender and mix till a smooth paste – add water if needed
- 2) Spiralise the courgette or peel it into ribbons
- 3) Chop the spring onions
- 4) Mix the courgetti and pesto mix together
- 5) Halve the cherry tomatoes and add
- 6) Chop the spring onions
- 7) Bring water to boil in a deep FRYING PAN, add pinch salt and 1 tbs white wine vinegar
- 8) 3 minutes before you're ready to serve, turn down the heat and gently break the eggs in, keeping them separate.
- 9) Cook for 3 minutes.
- 10) Remove eggs and place on top of salad
- 11) Sprinkle spring onions and extra pine nuts on the top
- 12) Serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)