

## EGGS AND SUMMER VEGETABLES

By Chef Faustine

### INTRODUCTION

One of my favourites for a healthy, tasty, happy and gourmet lunch.

### SERVES 2

### INGREDIENTS

3 organic eggs  
6 green asparagus  
100g broad beans  
100g fresh peas  
2 courgettes  
2 black figs  
Baby spinach  
Roquette  
Baby beetroot leaves  
2 tablespoons of sesame seeds  
2 tablespoons of walnuts  
2 tablespoons of balsamic vinegar  
4 tablespoons of olive oil  
1 tablespoon mustard  
Salt and pepper



### METHOD

- 1) Cook the eggs for six minutes in boiling water. Peel them and put them somewhere cool.
- 2) Using a mandolin and a grater cut the courgettes into long thin strips like tagliatelle or linguini.  
Cook them in boiling water for one minute. Drain them and then put them straight into iced water so that the courgettes keep their nice green colour.
- 3) Trim the asparagus and cook them in boiling salted water for roughly 4 minutes (depending on their size). Plunge them straight into iced water afterwards so that they stop cooking and keep their nice green colour.
- 4) Shell the broad beans and the peas. Cook them separately in boiling salted water for 50-60 seconds. Put them straight into iced water like the other vegetables.
- 5) Wash the salad leaves and put them to one side in a cool spot.

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- 6) Using a blender, mix one soft boiled egg with the mustard balsamic vinegar and olive oil. You will get a divine sauce with a mayonnaise-like texture.
- 7) Get the plates ready:
  - In the centre put a tablespoon of the sauce.
  - Add a handful of mixed salad leaves over the top.
  - On top of this place some of the courgettes and shape it to look like a nest.
  - Elegantly add the asparagus, an egg, broad beads, peas, a few salad leaves, sesame seeds, walnuts and the fig cut into quarters.
  - Drizzle the plate with a little olive oil and sprinkle some salt and pepper over the top.

Eat at room temperature