

1 SERVE =
½ UNIT PROTEIN
1 UNIT BREAD
½ UNIT VEGETABLES
1 UNIT FATS

4 eggs
2 teaspoons sesame oil
2 teaspoons canola or olive oil
300 g chestnut or cap mushrooms,
wiped and quartered (or chopped
if large)
1 clove garlic, crushed
2 tablespoons salt-reduced soy sauce
2 tablespoons sherry or marsala
4 thick slices wholegrain low-GI
bread, toasted
watercress sprigs, to serve

Marinated mushrooms with poached eggs

SERVES 4 PREP TIME **10 minutes** COOKING TIME **15 minutes**

The addition of thick toast makes this a wonderfully substantial brunch, but by all means leave the bread out for a light but filling breakfast.

- 1** Use an egg poacher to poach the eggs, if you have one. Alternatively use the following method (you may find it easier to poach two eggs at a time, rather than all four at once). Fill a deep frying pan or wide saucepan with water about 7.5 cm deep and bring to the boil. Meanwhile, break each egg into a saucer or small ramekin. Once the water is boiling, use a wooden spoon to stir the water vigorously to form a vortex (this will help shape the eggs). Quickly slide the eggs into the vortex, then reduce the heat so the water is just simmering and poach for 3–4 minutes. Lift the eggs out with a slotted spoon and drain briefly on paper towel.
- 2** Meanwhile, heat the oils in a frying pan over medium heat. Add the mushroom and garlic and cook for 3–4 minutes. Add the soy sauce, sherry or marsala and plenty of freshly ground black pepper and simmer for a further 2 minutes.
- 3** Place a piece of toast on each plate and top with the mushroom mixture, followed by a few sprigs of watercress and a poached egg. If you like, finish with a grinding of freshly ground black pepper.

