

Leek and asparagus with soft boiled eggs and garlic purée

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Healthy recipes from Dorota Trupp.

Ingredients (serves 4)

- 12 large cloves garlic, peeled
- 1/3 cup extra virgin olive oil
- 2 - 3 tbsp red wine vinegar
- 4 large biodynamic eggs, at room temperature
- 3 small to medium leeks, washed and trimmed
- 2 bunches of asparagus
- Shaved Parmesan
- 4 - 6 pieces of sundried tomato cut into stripes
- Few rocket leaves
- 1 bunch of chives, finely chopped
- Salt and freshly ground pepper

Method

Bring a steamer filled with water to the boil.

Add the garlic, reduce the heat and simmer for approximately 20 minutes.

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Remove the garlic and mash it in a bowl.

Add salt, pepper, olive oil and vinegar and stir until incorporated.

Place the leeks into the steamer and cook for six to seven minutes or until just tender. Remove and carefully remove the first two to three layers of skin from each leek.

Cut each leek into roundels and place onto a serving platter.

Discard the last quarter of the asparagus and steam for one minute.

Cut each stem in half and place between the leeks.

In-between, boil the eggs in boiling water for six minutes.

Remove from the boiling hot water and quickly refresh under cold water, so the shell will not stick to the cooked egg white.

Peel the eggs.

Drizzle the garlic dressing over the leek and asparagus. Garnish with a few rocket leaves, sundried tomatoes and eggs.

Serve with a sprinkle of Parmesan and freshly ground pepper.

Photo credit: Trupps' Cooking School

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