

## **Poached Eggs & Parmesan with Pesto Sauce**

### **Ingredients**

1/2 cup (packed) fresh basil leaves (washed and dried)  
1/2 small garlic clove  
1/2-cup pine nuts  
6 table spoons extra virgin olive oil  
4 large eggs  
4 slices of French bread about 1/2 inch thick  
4oz (1/2 cup) Parmesan cheese grated

### **Preparation**

- Puree basil, garlic, pine nuts, 1oz Parmesan cheese and oil in a mini processor until very smooth. Season pesto to taste with salt and pepper

### **Cooking**

Boil water in a medium skillet  
Turn on oven broiler to high  
While water is boiling place bread on a baking tray and sprinkle with Parmesan cheese  
Gently crack eggs into four small glasses  
Once water has boiled gently slide eggs into the water for 3minutes  
Put bread under broiler until golden brown  
Remove eggs from water gently with a slotted spoon onto a side plate to drain  
Place the toasted bread onto plates and gently transfer one egg onto each slice of bread  
Top each egg with a drizzle of pesto and serve  
Season with salt and pepper to taste

If you do not have a broiler on your oven you, can still have a great tasting dish without toasting the cheese.

**Serves 2**