

Soft-Boiled Eggs over Risotto-Style Red Quinoa

with Sautéed Asparagus

This dish is our take on a French classic: soft-boiled eggs with asparagus and hollandaise. The velvety yolks of soft-boiled eggs go perfectly with the tender snap and fresh taste of asparagus. In our version, you'll serve these eggs on a bed of lemony quinoa to soak up the yolk. With a zesty baby kale salad to top it off, this meal is classically delicious.



Ingredients

- 2 Cloves Garlic
- 2 Farm Eggs
- 2 Ounces Parmesan Cheese
- 1 Bunch Asparagus
- 1 Cup Red Quinoa
- 1 Lemon
- 1 Shallot
- 3 Tablespoons Vegetable Demi-Glace
- 1 Tablespoon Dijon Mustard
- 2 Ounces Baby Kale

Makes 2 Servings
About 700 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of water to boiling on high. Remove the eggs from the refrigerator to bring to room temperature. Peel and mince the garlic and shallot. Grate half the Parmesan cheese (save the rest for garnish). Trim or snap off the woody ends of the asparagus stems. Using a peeler, remove the yellow rind of the lemon; mince the rind to get 2 teaspoons of lemon zest. Quarter the lemon and remove the seeds. Place **half the shallot** in a small bowl with **the juice of all 4 lemon wedges**. Rinse the red quinoa under cold water; drain thoroughly.



Make the vinaigrette:

Add the **mustard** to the **shallot-lemon juice mixture** and season with salt and pepper. Whisk in **2 tablespoons of olive oil** until well combined. Set aside as you continue cooking.



Cook the asparagus:

In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **asparagus** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until bright green and slightly tender. Transfer the cooked asparagus to a plate and set aside as you continue cooking. Wipe out the pan.



Cook the quinoa:

In the same pan used to cook the asparagus, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic** and **remaining shallot** and cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Add the **quinoa** and toast, stirring frequently, 30 seconds to 1 minute, or until nuttily fragrant. Add the **vegetable demi-glaze**, **lemon zest** and **3 cups of water**; season with salt and pepper. Cook, stirring occasionally, 20 to 22 minutes, or until the quinoa is tender and cooked through. Turn off the heat and stir in the **grated Parmesan cheese**.



Cook the eggs:

While the quinoa cooks and once the water is boiling, carefully add the **eggs** to the pot and cook for exactly 5 minutes. Drain the eggs and run under cold water for 30 seconds to 1 minute to stop the cooking process. Carefully peel the eggs and set aside. (Be very delicate as the eggs are soft and fragile.)



Finish & plate your dish:

In a medium bowl, toss the **baby kale** with enough **vinaigrette** to coat the greens (you may have extra vinaigrette); season with salt and pepper to taste. To plate your dish, divide the **quinoa** between 2 plates and top each with the **cooked asparagus**, **dressed baby kale** and a **soft-boiled egg**. Using a peeler, shave the **remaining Parmesan cheese** over the salad. Enjoy!