

Red cabbage salad with Roquefort and poached eggs

Serves 2

Takes 15 minutes



Ingredients

½ a red cabbage, thinly sliced.

1 shallot, halved and thinly sliced

3 tablespoons olive oil

2 tablespoons red wine vinegar

1 teaspoon Dijon mustard

Plenty of salt and pepper

50g walnuts, roughly chopped

100g roquefort

4 eggs

2 tablespoons vinegar for poaching – can be any sort, I use plain white vinegar.

Directions

Fill a large shallow pan with water and add the 2 tablespoons of vinegar for poaching. Put on a medium heat.

Meanwhile, place the cabbage, shallot, olive oil, red wine vinegar and Dijon mustard in a bowl, season well and then mix very thoroughly.

Your poaching water is ready to use when the bubbles that form on the bottom of the pan are starting to rise up. If you've got a laser thermometer, it's about 80°C.

Gently break your eggs one by one and carefully pour the egg into the hot water, keeping as close to the surface of the water as possible. Cook for 4-5 minutes and if the water starts to simmer then turn the heat down slightly.

Spread the cabbage mix over two plates, then crumble the Roquefort and walnuts over the top.

Once cooked, lift the eggs out of the water with a slotted spoon and check the white has cooked on top before serving. Place a pair of eggs on top of each plate of salad.