

Garlicky Arugula and Shaved Vegetable Salad with Poached Egg (Insalata di Rucola e Verdura Affettata all'Aglio con Uovo in Camicia)

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Serves 2-3

Ingredients:

For the Garlicky Arugula and Shaved Vegetable Salad:

4-5 cloves garlic

juice of 1 medium lemon

1-2 Tbsp extra virgin olive oil (adjust amount depending on preference)

pinch salt

arugula

1 cucumber, peeled and thinly sliced*

1 6-inch piece daikon radish, peeled and thinly sliced*

3 red radishes, thinly sliced*

2 medium carrots, peeled and thinly sliced on the diagonal*

1 large stalk celery, thinly sliced on the diagonal*

freshly cracked black pepper, to taste

For the poached eggs:

egg(s) (as many as you and whoever is with you prefers)

apple cider vinegar or white wine vinegar

salt and freshly cracked black pepper, to taste

Half of an organic whole wheat English muffin or any bread of your choice, toasted (can also skip and place right on top of the salad)

What to do:

Whisk together raw garlic, lemon juice, extra virgin olive oil and salt. Set aside.

Assemble the arugula, cucumber, daikon, red radish, carrot and celery on each plate.

Carefully crack eggs into individual cups, ensuring that the yolks don't break.

Bring a small to medium pot (depending on how many eggs you're poaching) of water to a boil. Add a splash of vinegar and a pinch of salt. Turn flame under water down to a low simmer and slowly lower eggs into water. Use a spoon to gather the whites around their yolks. Simmer 3-4 minutes, until whites are set. Scoop eggs out with a slotted spoon and place on paper towel-lined plate in order to drain excess water.

Prepare toast and set on plates. Top with poached egg and season with salt. Give the dressing another whisk and drizzle over salad and egg. Finish with some cracked black pepper.

*Use a mandolin to quickly make consistent and beautiful thin slices.

(2-3 porzioni)

Ingredienti:

Per l'Insalata di Rucola con Verdura Affettata all'Aglio:

4-5 spicchi d'aglio

succo di un limone

1-2 cucchiaini d'olio di oliva extra vergine (aggiustate secondo le vostre preferenze)

pizzico di sale

rucola

1 cetriolo, pelato e tagliato a fette sottili*