

Single Parent Chef Recipe

Singleparentchef.com

Soft Cooked Egg with Quinoa and Sautéed Peppers



Software:

- 1 package of Seeds Of Change Quinoa
- 1 or 2 raw eggs (keep in fridge until needed)
- 2 mini-peppers - cut into match sticks
- 2 thin slices of sopressata - cut into match sticks
- Canola oil or similar oil with high smoke point
- Salt and pepper or savory spice blend of your choice

Hardware:

1. 10" cast iron pan or pan of your choice for sautéing.
2. small pot for boiling water
3. microwave
4. medium small bowl for puttin' da food in.
5. tongs
6. mouth
7. digestive system
8. hunger (optional)

Process

1. Heat pan over medium heat until approx 375°
 1. add sopressata and sauté for approx 2 min
 2. add peppers - sauté for approx 3 min until peppers begin to wilt
 3. take off heat - season with spice blend
2. While sautéing, heat 1/2 inch of water over medium-high heat until boiling
 1. add egg(s) and cover
 2. cook for 6.5 minutes
3. While egg is cooking, prep Quinoa as per instructions on package - should take less than two minutes
4. Once egg(s) is done cooking, run under cold water for 30 seconds
5. gently crack egg all around perimeter against cutting board - DON'T USE A KNIFE OR SPOON OR ANY SUCH IMPLEMENT
6. carefully remove shell from egg - quickly rinse under luke-warm water to make sure there's no shell pieces remaining - put aside
7. Place 1 cup quinoa in bowl
 1. place most of pepper/sopressata mix on top so as to make a 'nest' - leave a little for garnishing
 2. gently place egg in 'nest' butt-first (the 'butt' is the rounder part of the egg)
 3. slice the egg 'north/south' and 'east/west' almost to the base and open like a flower
 4. garnish with remaining pepper mix and season with spice blend
8. BOB-IS-YOUR-UNCLE!!!

enjoy!