

# Peas à la français with poached eggs and toasts

## Ingredients

- 200ml/7fl oz vegetable stock
- 50g/1¾oz butter
- 300g/10½oz frozen peas
- 2 Little Gem lettuce, 1 shredded, 1 cut into quarters lengthways
- 3 sprigs tarragon
- salt and pepper
- 1 small baguette or baton, cut into 12 slices
- 4 eggs
- 1 tsp white wine vinegar

## Preparation method

1. Heat the stock and butter in a large frying pan until simmering, stirring to mix. Add the peas and cook for two minutes, then add the Little Gem lettuce and two of the tarragon sprigs. Cook for 3-4 minutes, or until the lettuce has wilted, taste and season with salt and pepper to taste. Remove from the heat.
2. Meanwhile toast the slices of bread either on a griddle pan, under a hot grill or in the toaster. Season with a pinch of salt and pepper on both sides.
3. Heat a large, wide shallow pan of water. Break an egg in a teacup or ramekin. Whisk the vinegar and a pinch of salt into the water and gently drop the egg into the swirling water. Poach for 3-4 minutes or until the white is set and the yolk still runny (or until cooked to your liking). Remove with a slotted spoon and pat dry. repeat with the remaining eggs.
4. Remove the tarragon sprigs from the peas. Serve the peas on the toasts with a poached egg on top. Season the egg with a pinch of salt and pepper and garnish everything with roughly torn leaves from the remaining sprig of tarragon. Serve immediately.

**less than 30 mins**

preparation time

**10 to 30 mins**

cooking time

**Serves 4**

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**From** Great British Budget Menu

*Braised peas and lettuce are usually served as an accompaniment to meat, but here they are the star of the show.*

### Top recipe tip

In May 2013 this recipe was costed at £3.22 at Asda, £3.32 at Tesco and £3.87 at Sainsbury's.