



Ingredients

2 eggs
100 gm Parmesan cheese, grated
1/2 bunch Iceberg lettuce
5-6 Basil leaves
1 tbsp. Oil
2 bread slices
Sea salt to taste
2 cloves garlic, peeled
3-4 black peppercorns
1 tsp Worcestershire sauce
1 tsp mustard paste
2 tbsp. Extra-virgin olive oil

Nutrients

Approx. calories per serving: 300 kcal

Procedure

Boil 3 cups of water in a 16cm Regular unit on medium heat till the Thermo indicator reaches 80 degree mark. When the water starts boiling, remove the lid and add the eggs to the boiling water. Boil the eggs for 4 minutes only. Crush sea salt, garlic and black peppercorns in a mortar. Add Worcestershire sauce, mustard paste and mix well. Break the eggs and add it to this mixture. Add the extra virgin olive oil and mix well.

Cut the bread slices into one inch pieces. Preheat a suitable Healux Cookware unit with 1-2 tsp of oil on medium heat till the Thermo indicator reaches the green mark. Reduce the heat and add the bread pieces and sauté till slightly crisp and browned at the edges. Wash and dry the lettuce leaves well, tear them roughly and place in a 24cm Bowl or any suitable large bowl.

Tear basil leaves and add to the lettuce. Add the cheese shavings or grated cheese. Add the fried bread and toss lightly. Pour the dressing over the salad and toss lightly. Serve immediately.