

Poached egg on curly endive salad, chicory and bacon



Eating fresh salads is highly recommended. They contain vitamins, minerals, secondary plant substances, fibre and few calories. Of all types of salad, endives (of which curly endive is a curly leaved variety) are some of the richest in nutrients.

Ingredients for 2 persons:



- 120 g curly endive
- 1 chicory bulb c. 200g
- 150 g oyster mushrooms
- 100 g cucumber
- 100 g courgette
- 1 pot of garden cress

1 large tomato c. 150 g
1 slice of bread c. 60 g
2 tbsp oil (e.g. rapeseed oil)
6 slices of bacon c. 120 g
2 eggs
vinegar

Dressing:

1 tsp mustard
Salt, pepper
1 tbsp vinegar
2 tbsp oil (e.g. cold-pressed rapeseed or olive oil)
1 tbsp water

Tip: Alternatively you could replace the bacon with smoked salmon or parmesan shavings.

Preparation (c.1 hour):

Clean, separate and wash the curly endive. Cut the stem of the chicory out and remove the outer leaves. Then put the next, nice firm leaves to one side for decoration, chop the rest of the chicory into strips and place in a bowl.

Make the dressing from the mustard, salt, pepper, vinegar, oil and water. Mix the ingredients together well.



Chop the cucumber and courgette into 3mm-thick slices and then chop these into 3mm-wide strips.

Cut the tomato into quarters, core and slice into cubes.

Mix the finely chopped vegetables with the chicory and drizzle some of the dressing over it.

Chop the garden cress.

Chop the bread for the croûtons into 1cm by 1cm cubes.

Chop off the stalks of the oyster mushrooms. Fry the oyster mushrooms in a hot pan with 1 tbsp oil and then place on kitchen roll to remove excess oil.

Then fry the cubes of bread in 1 tbsp of oil until they turn a light golden-brown colour and form croûtons. Season with a pinch of salt.

Next, fry the slices of bacon.



To make the poached egg – bring water to the boil in a sauté pan or saucepan.

Add each egg to a separate small dish or bowl – and also add some vinegar to the water.

Using a wooden spoon, create a vortex in the boiling water and then add an egg to it, one a a time. Leave the eggs to poach for 3 to 4 minutes and then remove from the water.



In the “[HealthFood](#)” cooking app of the Munich Tumour Centre there are many helpful videos which have been specially developed for cancer patients. These include videos from Munich-based star chef and chef de cuisine at Restaurant Tantris – Hans Haas – who shows you how to poach an egg (“poached and baked egg” video).



Now place the leaves of chicory which were put to one side at the beginning on a plate, serve the prepared (with dressing) vegetable strips in the middle and then add the fried oyster mushrooms around the edge of the plate.

Next, marinate the curly endive salad with the rest of the dressing and serve in the middle of the plate on the vegetables. Finally garnish the salad with the croûtons, bacon and garden cress, and place the poached egg on top.

Bon appetit!