

# Poached Egg with Watercress

5 ingredients · 15 minutes · 1 serving



## Directions

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1. Crack your egg into a bowl. Bring a pot of water to a boil on your stovetop. Add vinegar.
2. Stir your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes, then use a slotted spoon to carefully remove the poached egg onto a plate lined with paper towel to soak up the excess liquid.
3. In a skillet, heat oil over medium-high. Add watercress and cook just until wilted, about 3-5 minutes. Season with salt and pepper to taste.
4. Transfer watercress to a plate and top with your poached egg. Enjoy!

## Notes

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### No Watercress

Use spinach, kale or any dark leafy greens.

## Ingredients

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|---------------|------------------------------------|
| <b>1</b>      | Egg                                |
| <b>1 tbsp</b> | Apple Cider Vinegar                |
| <b>1 tbsp</b> | Coconut Oil                        |
| <b>4 cups</b> | Watercress (chopped)               |
|               | Sea Salt & Black Pepper (to taste) |