**Evesham egg muffins**

Serves 2

* 1 bunch asparagus (10 medium spears)
* 2 tbsp vinegar (malt, spirit or cider)
* 2 large eggs
* 2 muffins (ideally wholemeal)
* 2 tsp low-fat cream cheese
* 50g wafer-thin ham
* pinch black pepper
1. Add the asparagus to a pan of boiling water and cook for 5–7 minutes until tender.
2. Add the vinegar to a large pan of boiling water, gently crack the eggs into it and poach for 3–4 minutes.
3. Split and toast the muffins under a preheated grill, then spread with a little cream cheese. Halve each muffin again, creating 4 semi-circles. Arrange the muffins on two plates, then divide the ham and the asparagus between each. Top each muffin with a poached egg, season and serve.