**Simple Egg Asparagus**

* **1 bunch** asparagus ends trimmed and shopped into 3 pieces.
* **1 teaspoon** coconut oil.
* **4** eggs.
* **2 cups** spinach or watercress leaves.
* Pinch of chilli flakes.
* **1/2 teaspoon** sesame seeds (optional).
* Salt and pepper, to season.
* **4** pieces of sourdough or gluten-free bread toasted and buttered.

## Directions

1. Add asparagus to a large bowl and cover in boiling water. Allow to sit for 5 minutes until soft. Drain and set aside.

2. Heat oil in a pan on medium heat. Crack two eggs into the pan and allow to cook for 5-6 minutes, until crispy on the edges. Flip eggs and cook briefly until just cooked on the other side. Remove from pan. Repeat with the remaining eggs.

3. While the pan is still hot, add in the blanched asparagus, chilli flakes, sesame seeds, salt and pepper. Stir fry for 30 seconds until coated.

4. Serve eggs on your choice of buttered bread with asparagus and spinach.