



Sautéed Escarole with Toasted Pearl Couscous and Poached Eggs

READY IN



40 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 large duck* eggs
- 2 large heads endive rinsed ends trimmed drained () (leave some water on leaves)
- 1 cup fregola sarda
- 2 garlic cloves thinly sliced
- 0.8 tsp kosher salt divided
- 0.5 cup chicken broth reduced-sodium
- 5 tbsp olive oil extra-virgin divided
- 0.5 cup parmesan cheese finely grated

- 0.5 tsp pepper
- 0.3 cup distilled vinegar white

Equipment

- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- Toast couscous in 1 tbsp. oil in a medium saucepan over medium heat, stirring occasionally, until mostly golden, 7 to 8 minutes (if using fregola, omit oil and toasting).
- Add 1/4 tsp. salt and 2 cups water (and fregola, if using); bring to a boil. Cover, reduce heat, and simmer until barely tender, 8 to 10 minutes.
- Drain.
- Cook garlic in remaining 1/4 cup oil in a large frying pan over medium heat until softened but still pale, 2 to 3 minutes.
- Add escarole and cook until it begins to wilt, 2 to 3 minutes.
- Add couscous and stir to coat, then add broth and 1/2 tsp. pepper and cook 2 to 3 minutes more. Season with about 1/4 tsp. salt and pepper to taste and keep warm.
- Fill saucepan used for couscous three-quarters full of water, add vinegar, and cook over high heat until bubbles barely break the surface. Reduce heat to medium-low. Crack eggs into water and give water a gentle stir to ensure eggs aren't sticking to pan. Cook 3 minutes for runny yolks. With a slotted spoon, transfer eggs to paper towels.
- Sprinkle with about 1/4 tsp. salt and pepper to taste.
- Divide escarole mixture among 4 soup plates and set an egg on each.
- Drizzle with more oil and sprinkle with parmesan.
- *Buy fregola sarda from markethallfoods.com or at gourmet grocery stores. Look for duck eggs at Asian and farmers' markets.

Nutrition Facts



■ PROTEIN 15.01% ■ FAT 55.76% ■ CARBS 29.23%

Properties

Glycemic Index:55.5, Glycemic Load:20.3, Inflammation Score:-1, Nutrition Score:17.246521882389%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 508.1kcal (25.41%), Fat: 31.1g (47.86%), Saturated Fat: 7.04g (43.98%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 34.45g (12.53%), Sugar: 0.72g (0.8%), Cholesterol: 629.67mg (209.89%), Sodium: 771.19mg (33.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.68%), Vitamin B12: 3.98µg (66.3%), Selenium: 30.16µg (43.09%), Phosphorus: 318.24mg (31.82%), Vitamin E: 3.53mg (23.52%), Manganese: 0.44mg (21.98%), Vitamin B2: 0.37mg (21.8%), Iron: 3.44mg (19.09%), Vitamin B5: 1.89mg (18.92%), Calcium: 172.22mg (17.22%), Folate: 66.1µg (16.52%), Zinc: 1.94mg (12.93%), Vitamin B6: 0.25mg (12.73%), Vitamin B1: 0.19mg (12.4%), Vitamin K: 12.62µg (12.02%), Vitamin A: 592.26IU (11.85%), Vitamin B3: 2.06mg (10.31%), Magnesium: 36.43mg (9.11%), Fiber: 2.25g (8.99%), Copper: 0.18mg (8.93%), Vitamin D: 1.25µg (8.35%), Potassium: 286.23mg (8.18%)