

## Poached Eggs with Marinara Sauce

### Ingredients

#### 2 Servings

- 1/2cup marinara sauce
- pinch of Cayenne
- 2 basil leaves
- 2 eggs
- pinch of salt
- pinch of ground pepper
- 2 tsp grated parmesan
- 2 slices of country bread rubbed with fresh garlic clove



### Directions

Bring the marinara sauce to a simmer in a small sauce pan then turn the heat to low. Add cayenne and slivered basil. Break the eggs into a teacup and carefully tip them into the tomato sauce. Cover the pan and simmer over low heat for 3 to 4 minutes, until the tops of the whites are set but the yellow yolk shows through. Turn of the heat. Season the eggs with salt and pepper to taste and sprinkle on the parmesan. Serve in a wide soup bowl, on top of the garlic toast or with the toast on the side.