

## Homemade Marinara Pasta with Perfectly Poached Egg



**Preparation time:** 30 min

**Difficulty:** Easy

## Ingredients

- Bread: None
- Chicken Broth: 2 cups
- Chilli flakes: None
- Dried Basil: 1 teaspoon
- Dried Oregano: 1 teaspoon
- Eggs: 4
- Fracked Pepper: to taste
- Fresh Basil: to toss pasta with and garnish
- Fresh Basil: for topping
- Minced Garlic Cloves: 3
- Olive Oil: 2 tablespoons
- One Onion: Diced
- Pomi Chopped Tomatoes: 1 box
- Red Wine: 1/2 cup
- Salt: 1 teaspoon
- Uncooked Bucatini or Spaghetti (Whole wheat or gluten free if you prefer): 8 ounces

## For this recipe we used:

Chopped Tomatoes



## Preparation

20 minute marinara pasta with a perfectly poached egg for the midweek lull when all your meal prep food is done and you don't feel like take out - this is my go too cause we are always in the mood for a simple pasta dish & this marinara takes no time to make and is smooth & rich in flavor.

1. **Make the sauce:** Heat the olive oil in a deep pot over medium heat. Add the garlic and stir frequently for a minute – don't let it burn or brown because it tastes bitter. Add the tomatoes, broth, wine, salt, basil, and oregano. Simmer while you prep the spaghetti. Approx 10 minutes until it's reduced and a little thicker.
2. **Make the spaghetti:** Bring a large pot of water to boil and cook the spaghetti according to package directions. Drain and toss with a little olive oil; set aside. When the noodles are done, transfer the simmered sauce to a blender and puree you achieve your desired smoothness. Return the sauce to the pot and add the spaghetti. Toss and cover to keep warm.
3. **Poach the eggs:** Bring a pot of water to boil and place a few metal rims from mason jars in the bottom of the pot – these will act as handy little egg holders. When the water starts boiling, turn the heat off. Quickly (before the water cools off too much) crack individual eggs into a small bowl and pour directly into the metal rim in the boiling water. Repeat for all the eggs. Cover and let the eggs cook on the hot water for 4-5 minutes (4 = very soft, 5 = soft). Carefully remove the eggs from the water with a spatula. Tilt the eggs over the pot to let excess water run off before plating the eggs on your spaghetti.