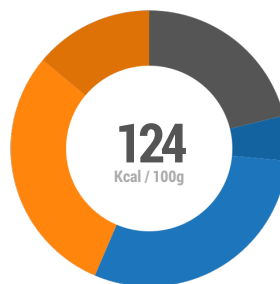


Poached Eggs Florentine

By Oliver Lloyd from Brakes

Overview ...

U / 6630497



CALORIES:

35.2% Carbs

21.2% Protein

43.6% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



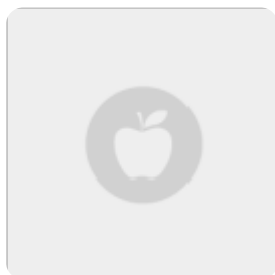
SESAME

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
2815 La Boulangerie English Muffins - BRAKES	72g	1x Each
10428 Baby Leaf Spinach - BRAKES	120g	0.48x Each
10156 Brakes Hollandaise Sauce - BRAKES	40g	0.04x Each
127620 Brakes British Free Range Poached Eggs	90g	
113880 Premium Large Chives Bunch - BRAKES	5g	0.05x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

327g / 418kcal

Number of servings

Net pack weight

Cooking Instructions & Notes

Preparation:

Chop chives

Defrost the muffins

Method:

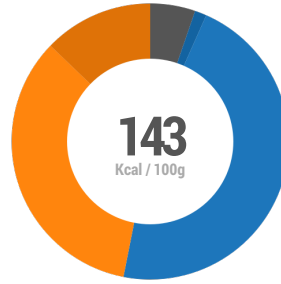
1. Heat the eggs as per pack instructions.
2. In a pan over a medium heat wilt the spinach and season.
3. Toast the muffin.
4. Warm the hollandaise in pan over a low heat.
5. On a suitable dish place the spinach onto the muffins and top with the eggs.
6. Spoon over the hollandaise and garnish with the chopped chives and a pinch of cracked black pepper - serve!

Skin-on Chips with Bearnaise Sauce

By Oliver Lloyd from Brakes

Overview ...

U / 6630512



CALORIES:

47.8% Carbs

5.3% Protein

46.9% Fat

Food Labelling...

Serves 1

CONTAINS:



EGGS



MILK



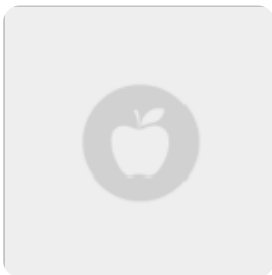
SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
110934 Brakes Random Cut Skin-on Chips - BRAKES	125g	0.05x Each
10156 Brakes Hollandaise Sauce - BRAKES	30g	0.03x Each
113878 Herb Bunched Tarragon	5g	
2032 Brakes White Wine Vinegar - BRAKES	10ml	0x Each
132644 Maldon Sea Salt Flakes 570g - BRAKES	2g	0x Each

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **172g / 252kcal**

 **Number of servings**

 **Net pack weight**

Cooking Instructions & Notes

Method:

1. Pick and chop the tarragon and put to one side - place the stalks into the vinegar.
2. Bring the vinegar to a boil and then remove from the heat and chill.
3. Cook the chips in a deep fat fryer @180oC for 3-4 minutes - drain well and season with salt.
4. In a bowl mix the hollandaise with the chopped tarragon and a little of the vinegar - mix well
5. Serve the chips alongside the béarnaise sauce.