Eggs Royale Breakfast MuffinA split English muffin filled with oak smoked salmon, hollandaise sauce and a poached egg

Overview ...



40.9% Carbs **22.7%** Protein **36.4**% Fat

CALORIES:

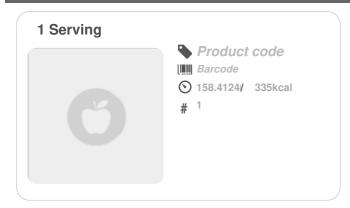
Food Labelling..

Serves 1



Recipe Ingredients	Quantity:	Description:
2815 La Boulangerie English Muffins BRAKES	72.0833	1 x Each
10156 Brakes Hollandaise Sauce (24 May 2023)	25	
71084 M&J Seafood Long Sliced Oak Smoked Salmon (skinless, boneless) BRAKES	25	
149080 - 149080 Great British Egg Co Free Range Poached Eggs BRAKES	60	1 x Each

Products / Pack Sizes ...



Cooking Instructions & Notes

Preparation:

Defrost the muffin

Decant hollandaise to a microwavable container

Trim any dark fat from the smoked salmon

Method:

- 1. Cut the muffin in half and place under a hot grill to toast
- 2. Put the poached egg into a microwave and heat as per the pack instructions
- 3. Next put the hollandaise sauce into the microwave on medium power for 30 secs to warm through
- 4. Now build your muffin:
- 5. Place the muffin base onto your chosen dish/paper wrap, spoon over half of the hollandaise
- 6. Top with the smoked salmon then the poached egg, and drizzle over the remaining hollandaise sauce
- 7. Finally top with the other half of the muffin serve!

| Generated by Nutritics v5.95 on 14th Dec 2023. Last Modified 14th Dec 2023.

U Ref Code: Last Modified: 14 Dec 2023 | Nutritics ID:U7540046