Eggs Royale Breakfast Muffin

A split English muffin filled with oak smoked salmon, hollandaise sauce and a poached egg

Overview ...



209
Kcal / 100

CALORIES:

40.9% Carbs
22.7% Protein
36.4% Fat

Food Labelling...

Serves **1**

CONTAINS:

WHEAT | EGGS | MILK | FISH | SOYA

MAY CONTAIN:

SESAME

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

Products / Pack Sizes ...

1 Serving

Product code
Barcode
158.4124/ 335kcal
1

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!