

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.. - 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 ...

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!