

# Chorizo & Tomato Egg Benedict

FOOD LABELLING...

Serves **1**

## CONTAINS:



WHEAT EGGS MILK SOYA SULPHITES

## MAY CONTAIN:



OATS, BARLEY, RYE  
HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  
CELERY  
MUSTARD  
SESAME

## NUTRIENT BREAKDOWN PER 100G...

### ENERGY

Energy(kcal) **11% RI** **214kcal**  
Energy(Kj) **11% RI** **895kJ**

### MACRONUTRIENTS

Carbohydrate **8% RI** **19.7g**  
Protein **15% RI** **7.3g**  
Fat **17% RI** **11.8g**  
Water **59g**  
Water from Drinks **0g**  
Alcohol **-**

### CARBOHYDRATE

Starch **13g**  
Oligosaccharide **-**  
Fibre **5% RI** **1.2g**  
NSP **0.9143g**  
Sugars **7% RI** **6.7g**  
Glucose **-**  
Galactose **-**  
Fructose **-**  
Sucrose **-**  
Maltose **-**  
Lactose **-**

### LIPID COMPONENTS

Saturated Fat **21% RI** **4.2g**  
Monounsaturated fat **-**  
*cis-Mono* **-**  
Polyunsaturated fat **-**  
*Omega3(n-3)* **-**  
*Omega6(n-6)* **-**  
*cis-Poly* **-**  
Trans-fatty acids **-**  
Cholesterol **-**

### MINERALS & TRACE ELEMENTS

Sodium **15% RI** **351mg**  
Potassium **-**  
Chloride **77% RI** **616mg**  
Calcium **-**  
Phosphorus **-**  
Magnesium **-**  
Iron **-**  
Zinc **-**  
Copper **-**  
Manganese **-**  
Selenium **-**  
Iodine **-**

### VITAMINS

Vitamin A (ret eq) **-**  
*Retinol* **-**  
*Carotene* **-**  
Vitamin D **-**  
Vitamin E **-**  
Vitamin K <sub>1</sub> **-**  
Thiamin (B<sub>1</sub>) **-**  
Riboflavin (B<sub>2</sub>) **-**  
Niacin total (B<sub>3</sub>) **-**  
*Niacin* **-**  
*Tryptophan* **-**  
Pantothenic Acid (B<sub>5</sub>) **-**  
Vitamin B<sub>6</sub> **-**  
Folates (B<sub>9</sub>) Total **0ug**  
Vitamin B<sub>12</sub> **-**  
Biotin (B<sub>7</sub>) **-**  
Vitamin C **-**

### OTHER

GI (estimated) **0**  
GL **-**  
Caffeine **-**

## RECIPE INGREDIENTS ...

## QUANTITY:

## DESCRIPTION:

## METHOD:

529801 The Bread Factory Skillet Baked English Muffin.. - BRAKES

529801 SKILLET BAKED ENGLISH MUFFIN

BRAKES

**50g**

**½ x Each**



Toasted

151392 Fresh Kitchen Chorizo Relish..

CHORIZO RELISH

BRAKES

**60g**

**0.09 x Each**

unchanged

149080 Great British Egg Co Free Range Poached Eggs.. - BRAKES

149080 POACHED EGG

BRAKES

**60g**

**1 x Each**



10156 Sysco Classic Hollandaise Sauce.. - BRAKES 🗑️ 10156 HOLLANDAISE SAUCE	BRAKES	50g	0.05 x Each	N/A
150437 Micro Baby Watercress.. - BRAKES 🗑️ 150437 MIRCO BABY WATERCRESS	BRAKES	3g	0.01 x Each	N/A
134289 Sysco Classic Smoked Paprika.. PAPRIKA	BRAKES	1g	0.1 x Each	N/A
10729 Sundried Tomatoes in Vegetable Oil.. - BRAKES 🗑️ 10729 SUNDRIED TOMATOES IN VEGETABLE OIL	BRAKES	20g	0.02 x Each	unchanged

## COOKING INSTRUCTIONS &amp; NOTES

## METHOD

## Preparation

- Thaw & slice in half the muffin
- Slice the chorizo in a small microwavable container
- Place the egg in a small microwavable container & cover with water
- Place the sauce in a small microwavable container
- Rinse & dry the watercress

## Method

- Toast the muffin on both sides
- Heat the chorizo, egg & sauce for approximately 30 seconds on low power in a microwave

## Service

- Place the muffin on a serving plate
- Arrange the watercress, top with the chorizo & egg
- Pour over the sauce
- Sprinkle over a pinch of paprika
- Garnish with the tomatoes