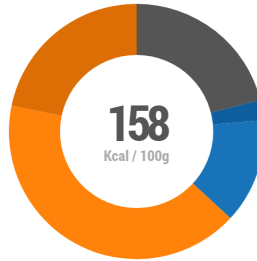


Grilled sprouting broccoli topped with a poached egg, chorizo and hollandaise...

OVERVIEW ...



CALORIES:
15.8% Carbs
21% Protein
63.1% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



EGGS



MILK

MAY CONTAIN:



CELERY



MUSTARD

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

114207 Tenderstem Broccoli ®.. - BRAKES

114207 TENDERSTEM BROCCOLI

BRAKES **100g**

0.2 x Each

unchanged

71207 Campofrio Tapas Chorizo Dulce 225g..

TAPAS CHORIZO DULCE

BRAKES **50g**

unchanged

120087 Lamb Weston Potato Puffs 1000g..

POTATO PUFFS 1000G

BRAKES **35g**

unchanged

10156 Brakes Hollandaise Sauce.. - BRAKES

10156 HOLLANDAISE SAUCE

BRAKES **20g**

0.02 x Each

N/A

149080 Great British Egg Co Free Range Poached Eggs..

POACHED EGG

BRAKES **60g**

unchanged

74818 Pea Shoots..

PEA SHOOTS

BRAKES **5g**

unchanged

113881 Herb Bunched Flat Leaf Parsley..

PARSLEY FRESH DIRECT

BRAKES **5g**

N/A

PRODUCTS / PACK SIZES ...

1 Serving



280g / 453kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Dice and slice the chorizo

Method:

1. Season the broccoli and lightly oil - place onto a hot chargrill and cook for 3-4 minutes - halfway through cooking add a squeeze of lemon.
2. In a pan over a high heat fry the chorizo until crisp then add in the parsley.
3. Deep fat fry the potato puffs at 180oC for 3 minutes - drain well and toss into the pan of chorizo.
4. Heat the poached egg in the microwave or in a pan of simmering water as per packaging guidelines.
5. Place the charred broccoli onto a suitable plate and top with the egg - warm the hollandaise and drizzle over the top.
6. Spoon the chorizo and potato puffs around the plate.
7. Garnish with the pea shoots - serve!