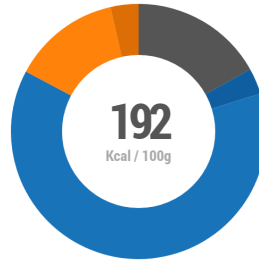


Turmeric Infused Free Range Scrambled Eggs on Toast

Scrambled eggs flavoured with turmeric, served on a thick slice of sourdough toast

OVERVIEW ...



CALORIES:

65.9% Carbs

16.9% Protein

17.2% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT, RYE



EGGS



MILK

MAY CONTAIN:



CELERY



MUSTARD



SESAME



SOYA

OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

113099 La Boulangerie Fully Baked Artisan Plain Sourdough Loaves..

SOURDOUGH

BRAKES

50g

Cut into 8 Slices



Toasted

33586 Sysco Classic Ground Turmeric (24 Jul 2023)..

GROUND TURMERIC

BRAKES

2g

N/A

4349 Costa Fine Sea Salt 750g.. - BRAKES

FINE SEA SALT 750G

BRAKES

0.2g

unchanged

33579 Sysco Classic Ground Black Pepper (22 Jul 2023)..

GROUND BLACK PEPPER

BRAKES

0.1g

N/A

74831 Mixed Micro-Greens..

MIXED MICRO-GREENS

BRAKES

3g

Each

N/A

74025 Fresh Semi Skimmed Milk.. - BRAKES

MILK

BRAKES

5g

unchanged

74521 Free Range Liquid Egg.. - BRAKES

74521 EGG

BRAKES

15g

0.02 x Each

unchanged

1 Serving



75g / 150kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost sourdough loaf

Method:

1. Slice the bread at an angle approx. 1" thickness
2. Mix the milk and liquid egg together, then add the turmeric & seasoning and whisk together
3. Place the egg mix into a microwave and cook on high power for approx. 1 min, give the mix a stir and return to the microwave for a further minute
4. Toast your bread
5. Place the toasted bread on your chosen plate and spoon on the scrambled egg mix
6. Finish with micro greens - serve!