

Family friendly



Eggs Royale

Serves 1

195g baby leaf spinach

Pinch of freshly grated nutmeg

Salt and pepper

1 egg yolk

55g yoghurt, such as Greek, natural, soya

½ tsp Dijon mustard

2 tsp butter, melted

Squeeze of lemon juice

2 medium eggs

60g smoked salmon

½ wholemeal muffin, toasted

Method

Heat a splash of water in a large saucepan over a high heat, add the spinach and stir until wilted. Drain thoroughly then roll up in a few sheets of kitchen paper and squeeze out as much excess water as possible. Tip the spinach into a bowl, stir in the nutmeg and season with salt and pepper.

Put the egg yolk into a heatproof bowl then whisk in the yoghurt, mustard and butter. Sit the bowl over a pan of simmering water and whisk for 4–5 minutes until thickened. Remove the bowl from the heat, whisk in the lemon juice and season to taste.

Meanwhile, poach the eggs in a pan of gently simmering water for 3 minutes then drain thoroughly.

Lay the smoked salmon on top of the muffin then top with the spinach and the poached eggs. Spoon over the sauce and serve.

Tip

If you're making this for a crowd, or just want to get ahead, try poaching your eggs the night before. As soon as they're cooked, transfer them to a bowl of cold water (to stop them cooking further), then keep in the fridge overnight. They just need to be briefly dipped in hot water to reheat.