

#EggCentric

Inspirational egg recipes



eggrecipes.co.uk

COVER PAGE

Smoked salmon egg pots

The classic combination of eggs and smoked salmon, baked with chives and served with a cheat's hollandaise sauce.

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES: 4-STARTER OR 2-BREAKFAST
COOKED USING: Pyrex ceramic
Impressions 9cm ice white ramekins

PER PORTION (4): Energy (kcal) 285 / Protein 27.8g
Total fat 18.9g / Sat fat 7.9g / Carbs 1.4g / Salt 1.1g

A little oil

250g smoked salmon slices
6 large British Lion eggs, beaten
1 tbsp chives, chopped
3 tbsp crème fraîche
1 tbsp horseradish sauce
A little lemon juice
Salt and black pepper
To serve - salad leaves

1. Preheat the oven to 180C / 160C fan / Gas Mark 4. Grease four ramekins with a little oil then use the smoked salmon to line the inside of each ramekin leaving no gaps and leaving enough hanging over the edges to cover the tops later.
2. Once lined, cut any remaining salmon into small pieces and add to the beaten eggs, along with the chives. Season well with salt and black pepper.
3. Pour the egg mixture into the lined ramekins, then gently fold over the salmon.
4. Place the ramekins on a baking tray, pour water in the tray to around 5cm depth, then bake in the oven for 15-20 minutes or until set and firm to the touch.
5. To make the cheat's hollandaise, mix together the crème fraîche, horseradish, lemon juice and black pepper.
6. Once the eggs are cooked, remove from the water and turn upside down on a plate. Remove the ramekin. Serve with hollandaise and salad leaves.

Baked polenta with eggs & pesto

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES: 4
COOKED USING: Pyrex glass
Optimum roaster 35cm x 23cm

PER PORTION: Energy (kcal) 480
Protein 20.6g / Total fat 23.8g
Sat fat 10.3g / Carbs 16.8g / Salt 2g

250g quick cook polenta
500ml milk
500ml vegetable stock

30g unsalted butter
40g Parmesan, grated
1 tbsp olive oil
A handful of tenderstem
broccoli, blanched in
boiling water
4 large British Lion eggs
A dash of white wine vinegar
30g pesto
Salt and pepper

1. Preheat the oven to 180C / 160C fan / Gas Mark 4.
2. Bring the milk and stock to the boil in a large pan. Add the polenta, whisking until it starts to bubble. Bubble for 2 minutes, stirring all the time.
3. Remove from the heat and stir in the butter then season well with salt and pepper.
4. Grease an ovenproof dish with a little oil then pour in the cooked polenta.
5. Scatter the broccoli on top of the polenta, drizzle with a little olive oil and sprinkle with Parmesan. Place in the oven to bake for 10 minutes.
6. Whilst the polenta is cooking bring a pan of water to the boil. Add a dash of white wine vinegar and season with salt.
7. Crack two eggs into ramekins. Use a whisk to create a whirlpool in the water and turn it down to a simmer. Pour the eggs, one at a time, into the middle of the whirlpool and leave to cook for 3-4 minutes or until the white is set and the yolk is still runny. Remove the eggs from the water then place in a bowl of ice-cold water. Repeat the process with the other two eggs.
8. When all the eggs are cooked and polenta is ready, top the polenta with eggs, drizzle with pesto and serve.



Baked polenta with eggs & pesto

A hearty vegetarian main meal – polenta and broccoli are baked in the oven, topped with poached eggs and drizzled with delicious pesto.

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Roast cauliflower & purple sprouting broccoli frittata

A fragrantly spiced vegetable frittata – super-tasty and healthy too.

PREP TIME: 10 MINS
COOK TIME: 30 MINS
SERVES: 4
COOKED USING: Pyrex ceramic
26cm ice white flan dish

PER PORTION: Energy (kcal) 250
Protein 19.3g / Total fat 16.9g
Sat fat 5.1g / Carbs 6.3g / Salt 0.4g

250g cauliflower,
cut into small florets
1 red onion,
cut into thin wedges

½ tsp smoked paprika
1 tsp cumin seeds
½ tsp ground coriander
1 tbsp olive oil

100g purple sprouting
broccoli, stalks trimmed

8 large British Lion

eggs, beaten

2 tbsp half fat crème fraîche

Salt and pepper

To serve - rocket salad

1. Preheat the oven to 200C / 180C fan / Gas Mark 6.
2. Steam or boil the cauliflower in a little water for 3-4 minutes, drain and then place onto a large flat baking tray. Add the red onion wedges and broccoli, drizzle with oil and scatter with the smoked paprika, coriander and cumin seeds, season well and roast for 15 minutes or until golden brown and lightly charred all over. Place a 26cm flan dish into the oven to warm up.
3. Meanwhile, beat together the eggs and crème fraîche.
4. Lightly oil the hot dish. Tip the roasted veg in an even layer into the dish, pour around the egg mix, season well and bake for 15 minutes or until just set.
5. Remove from the oven, cut into wedges and serve with rocket salad.



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Roast peppers & creamy baked eggs

Baked eggs in a creamy cheese and mustard stuffed pepper, sprinkled with herbs.

PREP TIME: 5 MINS
COOK TIME: 25 MINS
SERVES: 4
COOKED USING: 1.6l Pyrex
glass Essentials round casserole

PER PORTION: Energy (kcal) 307
Protein 19.3g / Total fat 20.7g
Sat fat 8.2g / Carbs 12.2g / Salt 0.9g

2 small peppers,
red, orange or yellow
2 tsp olive oil
1 tsp Dijon mustard

60g half fat
crème fraîche

2 tbsp Parmesan,
finely grated

1 spring onion,
thinly sliced

4 medium British Lion

eggs

1 tbsp fresh chives

or basil, finely chopped

Salt and pepper

To serve - green salad

1. Preheat the oven to 200C / 180C fan / Gas Mark 6.
2. Cut the peppers in half lengthways through the stalk, remove the seeds and place cut-side up in a 1.6 litre glass dish. Drizzle with a little oil, season and bake for 15 minutes or until softened slightly.
3. Meanwhile, mix together the Dijon mustard, crème fraîche, half the Parmesan, chopped spring onions and half the herbs and season well.
4. Remove the peppers from the oven, divide the crème fraîche mix between the peppers, then carefully crack an egg into each pepper on top of the crème fraîche mix, scatter with the remaining grated Parmesan and bake for 10-12 minutes or until the white has just set and the yolk is as you like it.
5. Scatter with the remaining chopped herbs and serve with a large green salad.





Cha han

Japanese egg fried rice with Yakitori chicken, prawns and crunchy vegetables, topped with a fried egg.

Cha han

PREP TIME: 15 MINS
COOK TIME: 10 MINS
SERVES: 2
COOKED USING: Pyrex Gusto+
18cm non stick inductive
saucepan + lid

PER PORTION: Energy (kcal) 627
Protein 44.4g / Total fat 23.8g
Sat fat 4.7g / Carbs 63.1g / Salt 3.2g

**1 chicken breast,
cut into strips**
3 tbsp Yakitori sauce
2 tbsp vegetable oil
8 raw king prawns, shelled

3 tsp soy sauce
**6 chestnut mushrooms,
cut into quarters**
**A handful of mange tout,
thinly sliced**
**3 tbsp tinned sweetcorn
or thawed frozen corn**
3 large British Lion eggs
250g cooked rice
**To serve - fresh coriander,
2 chopped spring
onions, lime wedges,
chilli sauce**

1. Place the chicken in a bowl and add the Yakitori sauce. Mix well and leave to marinate for 10 minutes.
2. Heat a little oil in a saucepan. Add the chicken and prawns, cook for 3 minutes until cooked through then tip out onto a plate.
3. Place the pan back on the heat and add a little more oil. Fry the mushrooms, mange tout and sweetcorn for 2 minutes. Beat one egg then pour it into the pan, keeping it moving so that it breaks up, before adding in the cooked rice. Stir everything together with the soy sauce. Add the chicken and prawns back to the pan. Cover with a lid, reduce the heat and keep warm.
4. Heat a frying pan on a high heat. Add a little oil then fry the remaining eggs until the whites are set and the yolks are still runny.
5. Serve the cha han rice in bowls, topped with a fried egg then scatter with fresh coriander, spring onions, lime wedges and chilli sauce.

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Spinach & egg roulade

PREP TIME: 15 MINS
COOK TIME: 6-8 MINS
SERVES: 3-4
COOKED USING: Pyrex Gusto+
30cm inductive frying pan

PER PORTION (4): Energy (kcal) 259 / Protein 14.3g
Total fat 20.6g / Sat fat 4.6g / Carbs 4g / Salt 1.3g

200g baby spinach
100g extra light cream cheese
A pinch of nutmeg
6 large British Lion eggs
2 tbsp dill
75g sunblush tomatoes, chopped
Olive oil
Salt and pepper
**To serve - watercress salad
and balsamic vinaigrette**

1. Heat a large frying pan on a high heat. Add the spinach and cook until all the moisture has evaporated, then tip out into a sieve.
2. Once cool, squeeze out any excess moisture and roughly chop. Place in a bowl and mix in the cream cheese, nutmeg, salt and pepper.
3. Mix together four of the eggs and dill. Separate the other two, adding egg yolks to the egg and dill mix and whisking the two whites until they form soft peaks. Then fold into the egg mixture. Season.
4. Wipe the frying pan out then add a little oil. Pour in the eggs, swirling the pan so that the base is completely covered. Reduce the heat and cook until the top of the omelette is completely set.
5. Once cooked carefully slide the omelette out onto a board. Once cooled, cut a thin strip from the left and right hand side so that you square the edges slightly. Keep the off cuts.
6. Spread the spinach mixture over the omelette then scatter with sunblush tomatoes. Place the off cuts of omelette along the bottom (nearest you) as this will help act as a guide line to roll the omelette up, then simply roll it into a sausage/roulade.
7. Use a sharp knife to cut pieces from the roulade then serve with watercress salad and a little balsamic vinaigrette.



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Spinach & egg roulade

Roulade, but not as you know it! A dill soufflé omelette, filled with a creamy spinach, nutmeg and tomato filling.



Always use eggs bearing the Lion mark, which guarantees that they have been produced to the highest standards of food safety. All Lion Quality eggs come from British hens vaccinated against salmonella, are fully traceable and have a 'best before' date on the shell as a guarantee of freshness. Visit eggrecipes.co.uk for more recipes and egginfo.co.uk for further information on eggs. Find us on social media at  @egg_recipes and  eggrecipes

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