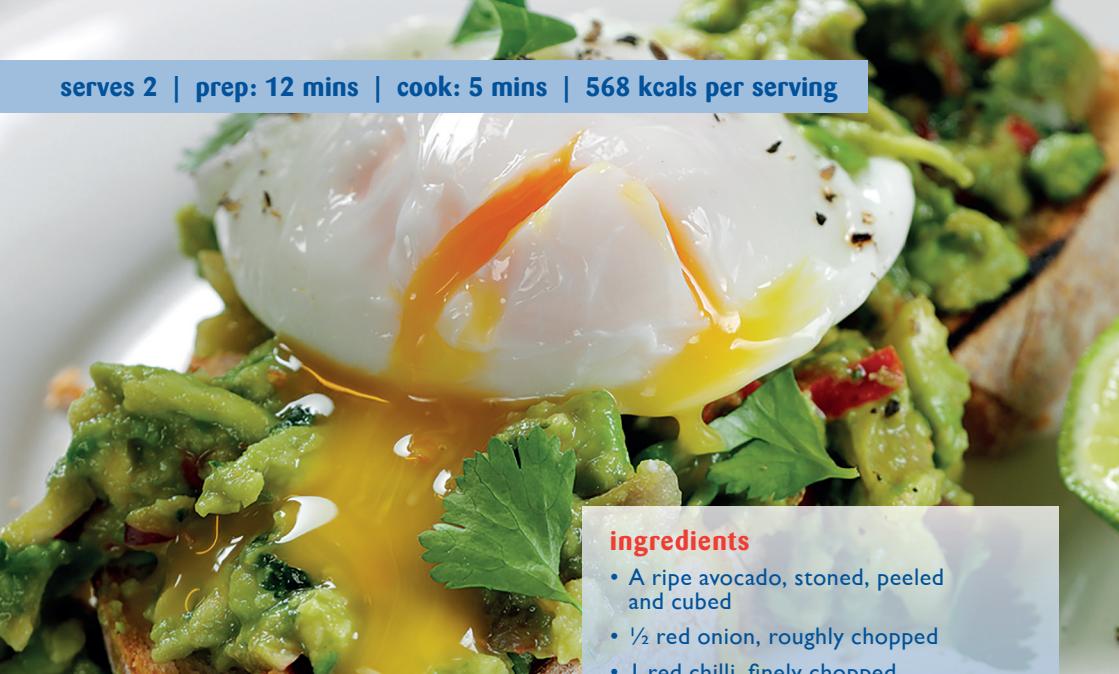




**make a meal
of eggs!**

serves 2 | prep: 12 mins | cook: 5 mins | 568 kcals per serving



poached eggs on guacamole

method

- 1 In a pestle and mortar pound the onion, chilli, garlic and coriander until it looks like a thick paste.
- 2 Put the avocado and lime juice in a bowl. Break up the avocado with a whisk, adding the paste gradually. Season with salt and chilli powder.
- 3 Bring a pan of water to a gentle simmer then reduce the heat until the bubbling stops. Swirl the water gently then drop in the eggs one at a time. Poach the eggs gently for about four minutes then remove with a slotted spoon.
- 4 Spread guacamole on the toast and top with the poached eggs.

ingredients

- A ripe avocado, stoned, peeled and cubed
- ½ red onion, roughly chopped
- 1 red chilli, finely chopped
- ½-1tsp chilli powder, to taste
- 1 clove of garlic, sliced
- 2 tbsp coriander, including stalks, chopped
- 2 tbsp lime juice
- 2 slices sourdough bread, toasted
- 2 large British Lion eggs

serves 2 | prep: 5 mins | cook: 3 mins | 322 kcals per serving



salmon scrambled eggs

method

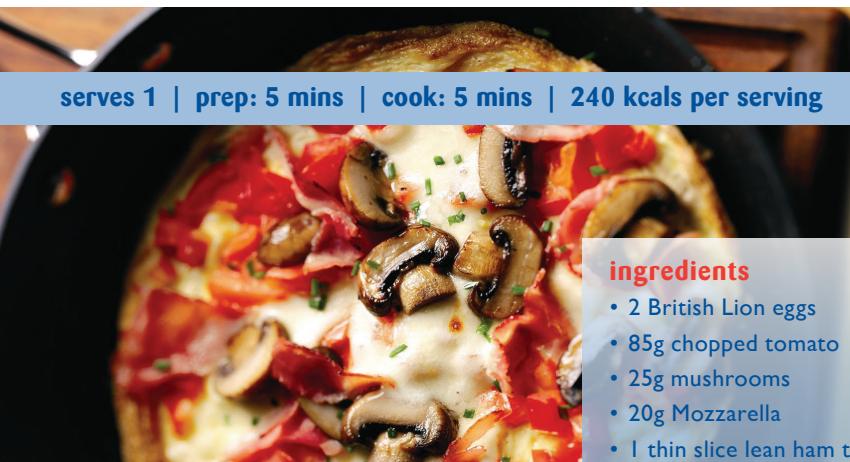
- 1 Beat the eggs and milk together with a little salt and plenty of ground black pepper. Melt the butter in a medium non stick pan.

ingredients

- 4 large British Lion eggs
- 60ml/4tbsp milk
- salt and ground black pepper
- large knob of butter
- 50g/2oz smoked salmon, chopped
- 15ml/1tbsp chopped fresh dill
- buttered wholegrain seeded toast to serve

- 2 Add the eggs to the pan and cook over a gentle heat for 3 / 4 mins, stirring until the eggs are cooked to your liking. Remove from the heat and stir in the salmon and dill. Serve straight away with the toast.

serves 1 | prep: 5 mins | cook: 5 mins | 240 kcals per serving



farmhouse pizza omelette

method

- 1 Break the eggs into the jug and beat with the fork.
- 2 Pour the eggs into a hot frying pan and quickly swirl around the pan. Pull the mixture away from sides, using the spatula, and tip to let the uncooked eggs slip underneath.

ingredients

- 2 British Lion eggs
- 85g chopped tomato
- 25g mushrooms
- 20g Mozzarella
- 1 thin slice lean ham torn into pieces
- sprinkling of chopped chives
- salt and pepper

- 3 When the top is nearly set, add the chopped tomatoes, sliced mushrooms, ham and mozzarella. Sprinkle over the chives. Add salt and pepper to taste.
- 4 Place the pan under a hot grill and grill until the cheese bubbles.

serves 4 | prep: 5 mins | cook: 15 mins | 269 kcals per serving



no pastry quiche

method

- 1 Preheat the oven to 180°C, Gas Mark 5. Put a 20cm oven-proof shallow dish in the oven on a baking tray whilst the oven heats up.
- 2 Beat the eggs with the milk.

- 3 Remove the hot dish from the oven, swirl the oil over the base and sides. Add the onions, tomatoes and stir well. Add the ham and cheese, and then pour over the egg mixture. Season with black pepper.
- 4 Return to the top of the oven and bake for 15 minutes or until the egg has set and the top is golden. Serve warm with salad.

look for the lion

The British Lion mark is your guarantee that the eggs you buy have been produced to the highest food safety standards.

eggrecipes.co.uk

ingredients

- 5 British Lion eggs
- 4 tbsp milk
- 2 tbsp vegetable oil
- 4 spring or red onions, trimmed and chopped
- 100g cherry tomatoes, halved
- 85g pack Parma ham, torn into pieces
- 100g feta cheese, crumbled

