

EGGS ROYALE

(Per Serving) Calories **390** / Carbs **18g** / Protein **30g** / Fat **22g**

For a simple yet sophisticated breakfast, brunch or lunch, you can't beat Eggs Royale. Buttery avocado goes so well with the silky smooth smoked salmon and a perfectly poached egg. Great for helping you to build muscle and lose weight.

Serves **2**
Prep Time **5 mins**
Cook Time **5 mins**

INGREDIENTS

2 Wholegrain Seeded Bread Slices
Pinch of Salt
1 tsp Vinegar
4 Medium Eggs
1 Avocado
100g (3 ½oz) Smoked Salmon

HOW TO COOK IT

WATCH NOW



Put the water on the heat and bring to the boil.

Place the bread in the toaster and toast.

Add a pinch of salt and a tsp of vinegar to the boiling water.

Create a swirl in the water and then quickly crack the eggs, add them to the water.

Cook the eggs for 90 to 120 secs then remove from the water.

Halve the avocado, remove the stone and mash both halves of the avocado.

Spread the mashed avocado over both slices of toast.

Place the smoked salmon on top of the avocado.

Place the cooked eggs on top of the salmon and serve.

DIETICIAN'S NOTES

Higher protein breakfasts (25-30 grams of protein) are a great choice if your goal is weight loss, as they stave off hunger for longer than cereal based meals.

