

Broccolini Eggs Benedict

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Our eggs bene has broccolini instead of bread, but you could always use our English muffins (page 40) for a more traditional version. The Hollandaise sauce is a bit fiddly, but well worth it if you have the time – the French certainly had LCHF in mind when they created it. You can swap out the broccolini for other in-season veges like asparagus, green beans or bok choy.

Serves	4
Prep time	10 minutes
Cook time	20 minutes
Difficulty	●●●
Per serve	
Carbs	2.3 g
Protein	30.6 g
Fat	38.7 g
Energy	479 Cal

INGREDIENTS

For the Hollandaise:
½ cup (125 g) unsalted butter
2 eggs
juice of ½ lemon
½ tsp salt (use ¼ tsp if your butter is salted, then season to taste)

For the eggs bene:
white vinegar as needed
4–8 eggs
½ tbsp oil or knob of butter
1–2 bunches of broccolini (250–500 g)
200–300 g smoked salmon (optional)

VEGETARIAN OPTION

Just leave off the salmon; there is plenty of protein without it.

METHOD

Bring a medium-sized pot of water to the boil. Meanwhile, melt the butter in the microwave and allow to stand for a minute to let the oily layer separate.

Crack the eggs into a heat-proof bowl. Add the lemon and salt and whisk to combine. Place the bowl on top of the pot and reduce the temperature to low (ensuring that the water is not in contact with the bowl). Whisk for 1–2 minutes until the eggs have thickened and are warm to the touch.

Remove the bowl from the pot onto a tea towel (for grip) and whisk the eggs as you slowly drizzle in the butter in a steady stream. It is important not to add the butter too quickly. Once the butter has been added, the sauce will be thick and creamy. Season and set aside.

Next, poach the eggs. If necessary, top up the pot with hot water from the kettle. Add 2 tablespoons of vinegar for every litre of water. Bring back up to the boil, then reduce the heat to medium.

Gently stir the water to create a smooth current, then crack the first egg directly in the middle of the pot. Crack more eggs into the pot where there is room (you might need to gently stir the water to resume the current, to help get a nice poached egg shape). Cook for 2–3 minutes for soft-poached eggs or 6–7 minutes for fully cooked ones.

Using a slotted spoon, transfer the eggs onto a plate with kitchen paper to drain. Repeat until all the eggs are cooked.

While you’re poaching the eggs, cook the broccolini (super-easy). Heat the oil or butter in a large frying pan over a medium-high heat, add the broccolini and cook for 2–3 minutes, until tender but still with a bite. Season with salt and pepper.

To serve, place the broccolini onto plates and top with the poached eggs. Spoon over the Hollandaise sauce and top with the smoked salmon.

Tips: If you are cooking a lot of poached eggs, use a larger pot; but don’t do more than 4 or 5 at a time. If broccolini is not in season, use a green vegetable that is, like green beans or bok choy. You can use other cooked meats or fish, but a smoky flavour is really great here.

