

# Lunch

## RECIPE CARD

### Eggs Benedict (Serves 4)

#### RECIPE NAME

Lunch

#### MEAL TIME

10 minutes

#### PREP TIME

30 minutes

#### TIME TO COOK

You could also save time and use standard fat free sausages. Always check measurements for accurate calories.

#### NOTES

Approx 197 kcal  
per portion

#### CALORIES

## INGREDIENTS

- ★ 227g/8oz fresh Spinach
- ★ Juice of ½ Lemon
- ★ 4 tbsp fat-free natural Fromage Frais
- ★ 1 tbsp freshly chopped Tarragon
- ★ Salt and freshly ground Black Pepper
- ★ 4 slices Wholemeal toast from a 400g loaf
- ★ 4 slices Ham, *all visible fat removed*
- ★ 4 poached eggs (*see bonus recipe*)

## METHOD



Place the spinach in a large pan with the lemon juice and cook for 2 minutes until wilted. Drain off any juice and keep warm.



For the sauce. Season the fromage frais with the tarragon and a little salt and black pepper. Heat gently for 1-2 minutes until warm. Don't boil or the fromage frais will separate



To assemble. Place a slice of toast on each plate and cover with a slice of ham. Pile on the spinach and top with a poached egg. Spoon over the sauce and serve immediately.