



# BROCCOLINI® baby broccoli Eggs Benedict

**Servings**

4

**Calories**

730

**Prep Time**

10 minutes

**Total Time**

35 minutes

**Skill Level**

Medium

## Ingredients

### For the Hollandaise Sauce

4 cups water

2 tablespoons vinegar

½ pounds butter

5 egg yolks

¼ teaspoon white pepper

¼ teaspoon cayenne

¼ teaspoon salt

¼ teaspoon hot sauce

Juice of half lemon

### For the Base

3 tablespoons olive oil

4 slices tomato, cut ½-inch thick

½ bunch Mann's BROCCOLINI® baby broccoli,

trimmed and cut in half 4 eggs

2 English muffin, cut into halves

4 slices prosciutto





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## The Method

### For the Hollandaise Sauce

In a saucepan, add the water and vinegar and bring to a simmer.

In another sauce pan, melt the butter, then turn off the heat and allow to cool slightly.

In a metal or glass bowl, add egg yolks and place the bowl on top of the simmering water. Whisk constantly until they begin to thicken, about 2-3 minutes. Remove bowl from heat. Keep water on the stove for poaching eggs later.

Stabilize the mixing bowl with a damp towel underneath, and slowly whisk in the melted butter. Add white pepper, cayenne, salt, hot sauce, and lemon juice. Whisk again to emulsify. If the sauce becomes too thick, add an ice cube or two, and whisk until it emulsifies. Set aside.

### For the Base

In a cast iron skillet over high heat, add the olive oil. Add the tomato slices and sear for 1-2 minutes on each side. Season the slices with salt and pepper and remove them from the skillet. Set aside.

In the same skillet, add more oil if necessary, then add the BROCCOLINI® baby broccoli and stir occasionally until lightly charred, about 3-4 minutes. Turn off heat and set aside.

Turn the heat back on under the poaching water and allow it to come to a simmer. Do not allow it to boil. While the water is heating up, crack each egg into separate small ramekins or custard cups. Using a wooden spoon, stir water in a clockwise motion. Gently tip each egg into the center of the swirl. Turn off the heat, cover the pan and allow the eggs to poach for 5 minutes.

To serve, start by toasting English muffins. Place tomatoes on atop each English muffin and then with BROCCOLINI® baby broccoli, and prosciutto. Remove the eggs from the water with a slotted spoon and place on top. Drizzle with hollandaise sauce.

### Nutrition Facts

Serving Size 478g | Servings: 4

#### Amount Per Serving

Calories 730 | Total Fat 66g (sat fat 33g trans 2g) | Cholesterol 310mg | Sodium 880mg | Total Carbohydrate 17g | Dietary Fiber 1g | Sugars 4g (Includes 0g Added Sugars) | Protein 18g | Vitamin D 6% | Calcium 6% | Iron 10% | Potassium 4%