

EGGS ROYALE WITH SPINACH

Serves 4

Ingredients

100g (4 slices) [Traditional Smoked Salmon](#)

4 fresh eggs, poached

2 English muffins, sliced in half

200g baby spinach

[Welsh Dragon Butter](#)

For the hollandaise sauce –

2 egg yolks

100g unsalted butter, melted

1 tsp white wine vinegar, plus extra for poaching the
eggs

[Halen Môn Sea Salt](#) and freshly ground black pepper



To make the hollandaise sauce, use a whisk to whisk the yolks and vinegar together in a medium bowl. Set the bowl over a saucepan of gently simmering water. Gradually pour in the melted butter in a thin stream, whisking continuously, until the sauce has thickened and become glossy. Season with [Halen Môn Sea Salt](#) and black pepper, then remove from the heat.

Add a drop of vinegar to the saucepan and bring to a simmer. It should be filled with at least 5cm of water and should not bubble too vigorously. Crack one egg into a ramekin or saucer. Stir the water to create a gentle whirlpool and slowly tip the egg into the centre. Cook for 3-4 minutes or until the white is set. Lift the egg out with a slotted spoon and drain it on kitchen paper, tidying any uneven edges.

Melt a knob of [Welsh Dragon Butter](#) in a frying pan and briefly fry the spinach until wilted, then season with [Halen Môn Sea Salt](#) and black pepper.

Toast and butter the muffins and arrange on four plates. Spoon some spinach on top of each muffin half, lay over two slices of [Traditional Smoked Salmon](#) and top with an egg and a spoonful of hollandaise sauce.

Serve while hot and enjoy!