

# SallyBee



Campaigning for people to "Season with Sense"



## SALLY BEE'S EGGS EN COCOTTE WITH SALMON AND BROCCOLI

 **Prep:** 20 minutes

 **Cook:** 20 minutes

 **Serves:** 4

### INGREDIENTS:

- 150g/5½oz crème fraîche
- Pinch **LoSalt** and freshly ground black pepper
- Pinch nutmeg
- Handful of chopped dill
- 4 free-range eggs
- 1 salmon fillet
- Broccoli florets

### METHOD:

1. Preheat the oven to 180C/350F/Gas 4
2. Season the crème fraîche with **LoSalt**, freshly ground pepper and a pinch of nutmeg
3. Place a heaped tablespoon of crème fraîche in the bottom of a ramekin, followed by a little dill
4. Crack an egg on top, add a second tablespoon of crème fraîche and sprinkle with a pinch each of salt, pepper and nutmeg. Repeat with three more ramekins
5. Top with a few small pre-cooked broccoli florets
6. Slice the salmon fillet into slithers, and divide between each ramekin, alongside the broccoli. Season again with black pepper and **LoSalt**
7. Place the ramekins in a baking dish and pour enough lukewarm water into the dish to come halfway up the sides of the ramekins.
8. Bake for 15 minutes or until the egg yolks are set to your liking