

Tuna ,Papaya, Peach & Lime Salsa with Grilled Corn



Serves 2

Prep 10mins

Cook 20 mins

Ingredients

1 tbsp white wine vinegar
4 eggs
300g spinach, stalks removed
2 muffins split
4 slices good quality smoked salmon

For the cheese sauce

25g butter
1 heaped tbsp plain flour
300ml milk
200g grated cheese

1. To make the cheese sauce, put all the ingredients except the grated cheese in a non stick saucepan and put on a medium low gas. Stir vigorously until the mixture begins to thicken. Do not stop stirring as lumps will form. Switch off the gas and add the grated cheese. You can keep some back for the topping.
2. Heat a shallow pan of water with the vinegar but no salt until gently boiling, and then poach the eggs for 2 mins. Remove with a slotted spoon.
3. Wilt the spinach with a few drops of water in a saucepan, then drain.
4. To serve, toast the muffins until brown. Top with a slice of smoked salmon. Divide the spinach between the muffins, leaving a slight dip in the middle to sit the eggs in. Spoon a quarter of the sauce over each egg and top with a little more of the grated cheese, then return the tray under the grill to brown for a min. Serve immediately.