



# Eggs Benedict on Crumpets

with Asparagus and Maple Bacon

Brunch 25 Minutes • Little Spice

3A



Asparagus Bundles



Chives



Streaky Bacon



Maple Syrup



Chilli Flakes



Cider Vinegar



Hollandaise Sauce



Crumpet



Butter

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray with Baking Paper, Frying Pan, Saucepan, Glass or Ramekin, Slotted Spoon, Kitchen Paper.

## Ingredients

	Quantity
Asparagus Bundles**	150g
Chives**	1 bunch
Streaky Bacon**	6 rashers
Maple Syrup	1 sachet
Chilli Flakes	1 pinch
Eggs*	4
Cider Vinegar <b>14)</b>	1 sachet
Hollandaise Sauce <b>7) 8) 9)</b>	100g
Crumpet <b>13)</b>	4
Butter <b>7)**</b>	30g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>429g</b>	<b>100g</b>
Energy (kJ/kcal)	4373 /1045	1019 /244
Fat (g)	44	10
Sat. Fat (g)	19	5
Carbohydrate (g)	49	11
Sugars (g)	10	2
Protein (g)	33	8
Salt (g)	3.52	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 9) Mustard 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## 1 Prep

Preheat your oven to 200°C. Trim the bottom 2cm from the **asparagus** and discard. Roughly chop the **chives**. Pop the **bacon** onto a low-sided baking tray lined with baking paper and drizzle over the **maple syrup**. Bake the **bacon** on the top shelf of your oven until crispy and golden, 10-15 mins. **IMPORTANT:** Cook the bacon throughout.



## 2 Roast the Asparagus

Pop the **asparagus** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, scatter over the **chilli flakes** and toss to coat. Spread them out in a single layer. Roast on the middle shelf of your oven until tender, 10-12 mins.



## 3 Fried Egg

If you would like **poached eggs**, skip to the next step. Otherwise, heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, crack in each **egg** (2 per person) and cook for 4-5 mins, or until the **egg white** is cooked and the **yolk** is the firmness you desire. Remove the pan from the heat.



## 4 Poach the Egg

If you'd rather poach your **eggs**, bring a large saucepan of **water** to the boil. Once your **water** is boiling, add the **cider vinegar**. Crack each **egg** into a small glass or ramekin. Using a large spoon, swirl the **water** to create a whirlpool in the pan. Carefully drop the **eggs** one by one into the centre of the whirlpool and turn the heat down to a simmer. Poach until the **white** is completely cooked and firm, 2-3 minutes. **TIP:** This will give you a runny yolk, if you want your egg a bit less runny, cook for another 1 min. When ready, use a slotted spoon to carefully remove each **egg** and place on a paper towel covered plate to drain.



## 5 Finish Up

While the **eggs** cook, pour the **hollandaise** into a small saucepan and gently warm through on medium heat. Pop the **crumpets** in your toaster and toast to your liking.



## 6 Serve

Divide the **crumpets** between your plates and spread over some **butter**. Place the **maple bacon** on top of each **crumpet**, followed by an **egg**. Pour over the **hollandaise** and scatter over the **chives**. Serve with the **asparagus** alongside.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.