



Indian Style Eggs Benedict and Buttery Naans with Mango Chutney Glazed Bacon and Gingery Tomatoes

Brunch 30 Minutes • 1 of your 5 a day

N° 3A



Baby Plum Tomatoes



Ginger



Garlic



Nigella Seeds



Coriander



Hollandaise Sauce



Ground Turmeric



Streaky Bacon



Mango Chutney



Garlic Naan

Before you start

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

Cooking tools, you will need:

Garlic Press, Grater, Baking Tray, Saucepan, and Frying Pan.

Ingredients

	2P
Baby Plum Tomatoes	250g
Ginger**	½
Garlic	1
Olive Oil*	2 tbsp
Nigella Seeds	1 pot
Coriander**	1 bunch
Hollandaise Sauce 7) 8) 9)	100g
Ground Turmeric	1 sachet
Streaky Bacon**	6 rashers
Mango Chutney	1 sachet
Egg*	4
Garlic Naan 7) 11) 13)	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	482g	100g
Energy (kJ/kcal)	4624/1105	959/229
Fat (g)	42	9
Sat. Fat (g)	12	3
Carbohydrate (g)	67	14
Sugars (g)	19	4
Protein (g)	34	7
Salt (g)	3.14	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten

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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Roast the Tomatoes

Preheat your oven to 180°C. Halve the **tomatoes**. Peel and grate the **ginger**, peel and grate the **garlic** (or use a garlic press). Pop the **ginger, garlic, oil** (see ingredients for amount) and **half the nigella seeds** in a baking tray. Season with **salt and pepper**, then add the **tomatoes** and toss to coat them in the **mixture**, set aside.



Prep

Roughly chop the **coriander** (stalks and all). Pop the **hollandaise sauce** in a small saucepan, add the **turmeric** and set aside - you'll heat it through later.



Bacon Time

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, lay in the **bacon rashers** and cook until golden, 2-3 mins each side. Remove the pan from the heat, add the **mango chutney** and turn the **bacon** to coat it. Meanwhile, pop the **tomatoes** into your oven and cook until softened, 10-12 mins.



Fried Eggs

While the **tomatoes** cook, heat a drizzle of **oil** in another large frying pan on medium-high heat. Once the **oil** is nice and hot, crack in each **egg** (see ingredients for amount you need) 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.



Reheat & Warm Through

Pop the **naans** in the oven to warm through, 2-3mins. Meanwhile, reheat the **bacon** and heat the **turmeric hollandaise** on medium heat stirring constantly for 1-2 mins. Stir **half the coriander** into the **tomatoes**.



Finish Off

Serve an **egg** on top of each **naan**. Drizzle over the **turmeric hollandaise** and sprinkle with the remaining **nigella seeds** and **coriander**. Serve with the **bacon** and **gingery garlicky tomatoes** 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.