



Indian Style Eggs Benedict and Buttery Naans

With Mango Chutney Glazed Bacon and Gingery Veg

Nº 20

BRUNCH 30 Minutes • Little Heat • 1.5 of your 5 a day



Baby Plum Tomatoes



Ginger



Garlic Clove



Nigella Seeds



Naan



Butter



Hollandaise



Ground Turmeric



Streaky Bacon



Mango Chutney



Eggs



Cider Vinegar



Baby Spinach

Before you start

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

Basic cooking tools you will need:

Fine Grater, Mixing Bowl, Two Baking Trays, Two Saucepans and two Large frying Pan.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 punnet	2 punnets	2 punnets
Ginger**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Olive Oil for the Tomatoes*	2 tsp	3 tsp	4 tsp
Nigella Seeds	1 pot	1 pot	1 pot
Naan 7) 13)	2	3	4
Butter 7)**	30g	45g	60g
Hollandaise 7) 8) 9)	1 small sachet	1 large sachet	2 small sachets
Ground Turmeric	1 pot	1 pot	1 pot
Streaky Bacon**	6	10	12
Mango Chutney	1 sachet	1½ sachets	2 sachets
Eggs 8)**	4	6	8
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	572g	100g
Energy (kJ/kcal)	5299 /1267	927 /222
Fat (g)	55	10
Sat. Fat (g)	21	4
Carbohydrate (g)	76	13
Sugars (g)	20	4
Protein (g)	36	6
Salt (g)	3.53	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Get Prepped

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 bowl. Season with **salt** and **pepper**, then add the **tomatoes** and toss to coat them in the **mixture**. Pop them on a medium baking tray and set aside.



4. Fried Eggs:

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** (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. Alternatively, if you want to try out poaching an **egg**, see instructions in the next step.



2. Prep the Naans

Pop the **naan breads** on a baking tray in a single layer. Chop the **butter** into small pieces and divide it between the tops of the **naan breads**. Set aside. Pop the **hollandaise sauce** in a small saucepan, add the **turmeric** and set aside - you'll heat it through later.



5. Poached 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 center of the whirlpool and turn the heat down to a simmer. Cook until the **white** is completely cooked and firm, 3-4 minutes. **TIP: This will give you a runny yolk, if you want your egg a bit less runny, cook for another 1 minute.** When cooked, use a slotted spoon to carefully remove each **egg** and place on a paper towel covered plate to drain.



3. Bacon Time

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



6. Finish Off

Once the **tomatoes** are cooked, remove from the oven and pop the spinach on top of them. Season with **salt** and **pepper**. Pop them back into your oven to cook until the **spinach** has wilted and is slightly crispy, 3-4 mins. At the same time, pop the **naans** in the oven to warm through and melt the **butter**, 3-4 mins. Meanwhile, reheat the **bacon** and heat the **turmeric hollandaise** on medium heat stirring constantly for 1-2 mins. Serve an **egg** on top of each **buttery naan**. Drizzle over the **turmeric hollandaise** and sprinkle with **nigella seeds**. Serve with the **bacon** and **gingery garlicky veg** 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.