



# Eggs Benedict

Serves 2

Breakfast 20 – 25 mins • Egg(s) not included



Chives



Avocado



Bacon



Hollandaise  
Sauce



Ciabatta



Apple Cider  
Vinegar

Pantry Items: Oil, Salt, Pepper, Egg,  
Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!  
We recommend reading the recipe in full before beginning to cook.

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

## Cooking tools you will need

Baking sheet with baking paper, slotted spoon

## Ingredients

	Quantity
Chives	5 g
Avocado	1 unit
Bacon	130 g
Hollandaise Sauce	100 g
Ciabatta	2 units
Apple Cider Vinegar	1 sachet

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>385 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3028 kJ/ 724 kcal	787 kJ/ 188 kcal
Fat (g)	53 g	13.8 g
Sat. Fat (g)	13.9 g	3.6 g
Carbohydrate (g)	35.6 g	9.2 g
Sugars (g)	2.9 g	0.8 g
Protein (g)	30.6 g	8 g
Salt (g)	3.3 g	0.8 g

*Nutrition for uncooked ingredients.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

## Contact

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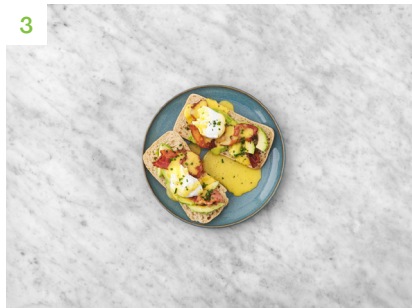
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2



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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a pot of **water** for the **eggs**.
- Roughly chop the **chives** (use scissors if you prefer).
- Lay the **bacon** rashers in a single layer on a lined baking tray.
- Bake on the top shelf of your oven until golden brown and crispy, 10-15 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. Cook bacon thoroughly.

**TIP:** You can also fry the bacon in the pan if you'd like.

## Cook the Eggs

- Add the **vinegar** to the **water**. Crack each **egg** (2 per person) into separate small bowls.
- Swirl the **water** with a spoon to create a whirlpool. Drop the **eggs** into the centre of the whirlpool. Lower the heat to a simmer.
- Poach until the white is firm, 2-3 mins. Remove each **egg** with a slotted spoon. Season with **salt** and **pepper**.
- Alternatively, you can fry the **eggs** (leave out the vinegar). Place a pan on medium-high heat with a drizzle of **oil**.
- Fry until the white is cooked and the yolk is your desired firmness, 4-5 mins.

## Assemble and Serve

- While the eggs cook, pour the **hollandaise** into a small pot and gently warm through over medium heat.
- Warm the **ciabattas** in the oven for 2-3 mins.
- Halve the **avocado** and remove the pit. Scoop out the flesh onto a board. Thinly slice each **half** lengthways.
- Halve the **ciabattas** and divide between plates. Top with the **bacon** and **avocado** slices, followed by an **egg**.
- Pour over the **hollandaise** and finish with a scattering of **chives**.

Enjoy!