



# Eggs Benedict

Serves 2

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



Bacon



Chives



Avocado



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 hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different 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
Bacon	130 g
Chives	5 g
Avocado	1 unit
Hollandaise Sauce	100 g
Ciabatta	2 units
Apple Cider Vinegar	1 sachet

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>380 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2974.8 kJ/ 711 kcal	782.8 kJ/ 187.1 kcal
Fat (g)	51.5 g	13.6 g
Sat. Fat (g)	14.1 g	3.7 g
Carbohydrate (g)	36.4 g	9.6 g
Sugars (g)	3.1 g	0.8 g
Protein (g)	30.8 g	8.1 g
Salt (g)	3.3 g	0.9 g

## 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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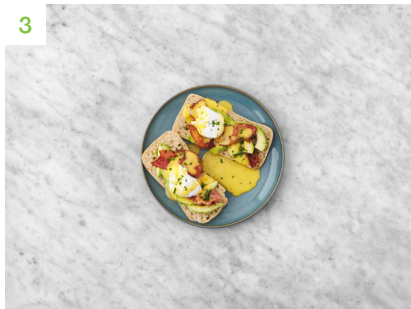
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## Get Prepped

- 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.

## Cook the Eggs

- Add the **vinegar** to the pot of **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, to fry the **eggs**, 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

- Warm the **hollandaise** in a pot over medium heat. Season to taste with **salt** and **pepper**.
- 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 lengthways.
- Halve the **ciabattas**. Top with **bacon** and **avocado**, followed by an **egg**.
- Drizzle over the **hollandaise**. Sprinkle over the **chives**.

Enjoy!