



# Crumpet Benedict

with Crispy Bacon and Chilli Asparagus

Brunch 20 Minutes

3A



Asparagus Bundles



Chives



Streaky Bacon



Honey



Chilli Flakes



Cider Vinegar



Hollandaise Sauce



Crumpet



Unsalted Butter

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, baking paper, frying pan, saucepan, glass, ramekin, slotted spoon and kitchen paper.

## Ingredients

	Quantity
Asparagus Bundles**	150g
Chives**	1 bunch
Streaky Bacon**	6 rashers
Honey	1 sachet
Chilli Flakes	1 pinch
Egg*	4
Cider Vinegar <b>14)</b>	1 sachet
Hollandaise Sauce <b>7)</b> <b>8) 9)</b>	100g
Crumpet <b>13)</b>	4
Unsalted 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)	3091/739	720/172
Fat (g)	44	10
Sat. Fat (g)	19	5
Carbohydrate (g)	51	12
Sugars (g)	12	3
Protein (g)	33	8
Salt (g)	3.83	0.89

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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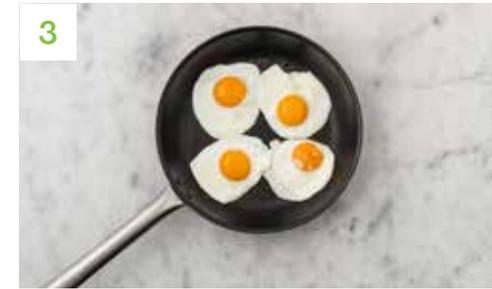
## Get Prepped

Preheat your oven to 200°C. Trim the bottom 2cm from the **asparagus** and discard. Roughly chop the **chives**. Pop the **bacon** onto a baking tray lined with baking paper and drizzle over the **honey**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.* Bake the **bacon** on the top shelf of your oven until crispy and golden, 10-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*



## Roast the Asparagus

While the **bacon** cooks, 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.



## Egg Time

If you would prefer **poached eggs**, skip to the next step. For **fried eggs**, heat a drizzle of **oil** in a frying pan on medium-high heat. Once 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.



## Poach the Egg

To poach your **eggs**, bring a large saucepan of **water** to the boil. Once 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. For a runny **yolk**, poach until the **white** is completely cooked and firm, 2-3 mins. **TIP:** *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 plate covered in kitchen paper to drain.



## 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.



## Serve

Divide the **crumpets** between your plates and spread over some **butter**. Place the **honey 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!