



# Eggs Florentine with a Mango Granola Parfait

Brunch 25 Minutes • 1 of your 5 a day

N° 3A



Butter



Mango



Garlic Clove



Mini Sourdough Cob



Honey



Greek Yoghurt



Granola



Baby Spinach



Cider Vinegar



Hollandaise Sauce

## Before you start

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

## Cooking tools, you will need:

Peeler, Garlic Press, Bowl, Glass, Frying Pan, Aluminum Foil, Saucepan, Slotted Spoon, Kitchen Paper.

## Ingredients

	Quantity
Butter <b>7</b> **	30g
Mango**	1
Garlic Clove	1
Mini Sourdough Cob <b>13</b>	1
Honey	2 sachets
Greek Yoghurt <b>7</b> **	150g
Granola <b>13</b>	30g
Baby Spinach**	200g
Egg*	4
Cider Vinegar <b>14</b>	1 sachet
Hollandaise Sauce <b>7</b> <b>8</b> <b>9</b> **	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	629g	100g
Energy (kJ/kcal)	5045 /1206	803 /192
Fat (g)	45	7
Sat. Fat (g)	21	3
Carbohydrate (g)	90	14
Sugars (g)	39	6
Protein (g)	32	5
Salt (g)	1.80	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

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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HelloFresh UK

Packed in the UK

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## 1

Remove your **butter** from the fridge. Using a peeler, peel the **mango** then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then chop the **mango** into 1cm pieces. Discard the stone. Peel and grate the **garlic** (or use a garlic press). Cut 2 slices of **sourdough** per person.



## 4

If you would like poached eggs, skip to the next step. Otherwise, add a drizzle of **oil** in the same pan you cooked the **spinach** in, heat to medium-high. 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.



## 2

In a small bowl, mix the **honey** and **yoghurt** together. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Start by filling a glass with the **diced mango**. Spoon over the **yoghurt mix** and sprinkle over the **granola**. Set aside in the fridge until ready to serve.



## 5

If you'd rather poach your **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 centre of the whirlpool and turn the heat down to a simmer. Cook until the **white** is completely cooked and firm, 2-3 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

Heat a drizzle of **oil** in a large frying pan on a medium-high heat. Once hot, add the **garlic**, cook for 1 minute. Add the **spinach** to the pan a handful at a time and cook until wilted and piping hot, 1-2 mins. Taste and season with **salt** and **pepper**. If you're frying your **eggs**, remove the **spinach** to a bowl and cover with foil to keep warm. If you're poaching, leave the **spinach** in your pan and cover with a lid or tin foil to keep warm.



## 6

Meanwhile, heat the **hollandaise** in a small pan until piping hot. At the same time, pop the **bread** in the toaster. When ready, spread the **butter** on top. Share them between your plates and top the toasts with a spoonful of **spinach** and a poached or fried **egg**. Pour over the **hollandaise**. Remove the **parfait glasses** from the fridge and indulge in your 2 course brunch.

## 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.