



Cream Cheese & Chive Mushroom Ciabatta with a Fried Egg

Breakfast 10-15 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled Market items in bag A.



Chives



Garlic Clove



Sliced Mushrooms



Ciabatta



Cream Cheese

Pantry Items

Oil, Salt, Pepper, Butter, Egg

Before you start

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

Cooking tools

Garlic press, frying pan and bowl.

Ingredients

Ingredients	Quantity
Chives**	1 bunch
Garlic Clove**	1
Sliced Mushrooms**	240g
Ciabatta 13	2
Cream Cheese** 7	100g

Pantry	Quantity
Butter*	3 tsp
Egg*	2

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	324g 1707/408	100g 528/126
Fat (g)	20.1	6.2
Sat. Fat (g)	9.6	3.0
Carbohydrate (g)	42.3	13.1
Sugars (g)	3.1	1.0
Protein (g)	17.3	5.3
Salt (g)	1.39	0.43

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13** Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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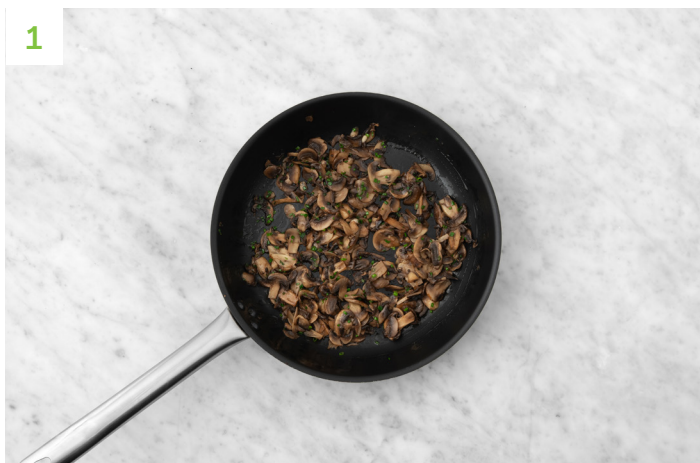
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1



2



3



Cook the Chive Mushrooms

- If you don't have a toaster, preheat your grill to high.
- Roughly chop the **chives** (use scissors if easier). Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **mushrooms** and **garlic** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.
- Once cooked, stir through **three quarters** of the **chopped chives** and the **butter** (see pantry for amount), then transfer the **chive mushrooms** to a medium bowl and cover to keep warm.

Fry the Egg

- Return your (now empty) pan to medium-high heat and add another drizzle of **oil**.
- Once hot, crack in each **egg** (see pantry for amount) and cook for 4-5 mins, or until the **egg white** is cooked and the **yolk** is the firmness you desire. Lower the heat as needed. **IMPORTANT:** *Ensure egg whites are fully cooked.*

Finish and Serve

- While the **eggs** cook, halve the **ciabatta** and toast in your toaster until golden. Alternatively, grill on the top shelf until golden, 2-3 mins.
- Spread the **cream cheese** over the **bases** of the **toasted ciabatta**.
- Top with the **chive mushrooms** and a **fried egg**.
- Sprinkle over the remaining **chives**, then sandwich on the **ciabatta lids** to finish.

Enjoy!