



READY TO COOK
BY HARRIS FARM

POACHED EGGS, CRISPY BACON & GUACAMOLE SOURDOUGH TOAST WITH GREEN JUICE



PREP
N/A



COOK
20 min



SERVES
4

INGREDIENTS:

- > 8 Free Range Eggs
- > 400g Bacon
- > 250g Harris Farm Guacamole
- > 1 Punnet Micro Greens
- > ½ Loaf Sourdough Bread
- > 1L Fresh Green Juice

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > White Wine Vinegar

METHOD – GET COOKING!



1

Fill a medium pan with water and bring to a simmer.

Place a large frying pan or griller over high heat, add the bacon and cook for around 2 minutes on each side or until golden brown. Keep warm in the pan.

2

Add 1 tsp of the vinegar to the water and stir in a circular motion, then crack 1 egg into the swirling simmering water. Cook for around 2-3 minutes or until set, remove the egg from the water using a slotted spoon and place into a bowl with icy water to stop it from cooking further. Repeat with the remaining eggs.

3

Grill or toast the sourdough slices, drain the bacon on absorbent paper and warm up the eggs by putting them into a bowl with boiling water for 1 minute.

4

Spread the toasted bread with Harris Farm Guacamole, add some bacon and top with a poach egg. Sprinkle with micro greens or fresh baby herbs.

Serve warm with a refreshing Harris Farm Green Juice.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Make sure not to overcrowd the pan with too many pieces of bacon, it's always better to do 2 or 3 slices at the time for better results.
- When you're ready to place the eggs on the toast, remove from their water bath carefully using a slotted spoon.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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