

Snowdon Cheddar Rarebit Crumpet with Crispy Bacon

Served with chicory and micro-greens

By Mark Irish from Brakes

Overview ...



CALORIES:

26.2% Carbs

18.6% Protein

55.2% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK



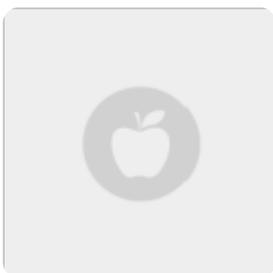
MUSTARD

Recipe Ingredients ...

	Quantity:	Description:
33040 Katerbake Luxury Baked Sourdough Crumpets - BRAKES	50g	1x Each
74903 Brakes Hot Mustard Rarebit Topper - BRAKES	30g	
123361 Snowdonia Little Black Bomber 6x200g - BRAKES	30g	
74064 Brakes Cooked Smoked Sweetcure Streaky Bacon - BRAKES	5g	
13103 Chicory - BRAKES	20g	
74831 Mixed Micro-Greens - BRAKES	5g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

125g / 354kcal

1

Cooking Instructions & Notes

Preparation:

Defrost and toast the crumpet

Crumble the cheese

Wash the chicory, remove root, separate leaves

Cut the bacon into batons/strips

Method:

1. Mix the Black Bomber and the rarebit topper together
2. Spread the mix onto a crumpet and place under a grill for 1 min or until golden
3. Arrange the chicory, bacon and micro greens together into a chicory 'boat' serve the crumpet alongside