



## #4 Sous-Vide Egg Bites:

Add a Protein Variety Pack to your Box!



Cooking Time



2 Servings

If you're like us, you want breakfast to be filling, delicious, and EASY. But it's hard to get creative with the earliest meal of the day - especially before coffee! These egg bites are made with protein-packed, cage-free eggs that have been completely cooked using the fancy sous-vide method. (Sous-vide is basically code for perfectly cooked.) Say good-bye to dry cereal and toast and hello to warm, savory breakfasts everyday!

## What we send

- 1 box broccoli-Parmesan egg white bites (4 bites/box)<sup>3,7</sup>
- 1 box bacon-Swiss egg bite (4 bites/box)<sup>3,7</sup>

## What you need

- Your choice!

## Tools

- choose your own cooking adventure!

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

## Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 120kcal, Fat 9g, Carbs 1g, Proteins 10g



### 1. Breakfast Fried Rice

Leftovers are often the key to a quick and easy breakfast or lunch. Get creative with lackluster leftovers by dressing them up with these egg bites! Leftover rice of all sorts (both take-out or homemade!) can be reheated in a hot skillet. Cut up the egg bites and mix into the fried rice for a protein boost!



### 4. Mess-free Eggs Benedict

Poached eggs are delicious, but a pain to make at home. These savory egg-bites are the perfect replacement. Sit the heated egg-bites atop fluffy English muffins or your favorite crusty toast. Drape them in a homemade hollandaise sauce for a luxe breakfast or brunch.



### 2. A Salad fit for a Brunch

Keep it light! Gather your favorite delicate greens (like arugula, little gem, or baby romaine) and whisk together your favorite vinaigrette. Toss them together, throw in a few croutons, and top it off with the egg bite of your choice.



### 5. Heat & Eat!

Since these egg bites are already loaded with high-quality ingredients and flavor, you can also just heat them up and eat them solo. Think of them as mini versions of a crustless quiche or frittata!



### 3. Huevos Rancheros Nachos

The promise of Huevos Rancheros (or rancher's eggs) is enough to get even the sleepest head out of bed! Keep it more traditional by serving the egg bites on top of heated corn tortillas. Kick up the fiesta by cutting the tortillas into wedges and toasting in the oven for homemade corn chips! Load the chips with the warm eggs and toppings like, black beans, sour cream, guacamole, fresh salsa!



### 6. Easy Egg Sandwiches

Heat the egg bites and make them the foundation for an easy and filling sandwich. Use bagels, English muffins, or toast as your foundation. Add tomatoes, onions, and smoked salmon. Or take a more meaty, savory route by adding strips of crispy bacon or breakfast sausage patties. The bites are already loaded with cheese, but we won't judge if you add more!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)     **#marthaandmarleyspoon**