

MARLEY SPOON



BEC Strata Muffins with Everything Bagel Seasoning



40-50min



2 Servings

What do you get when you combine a BEC sandwich with a strata casserole in the shape of a muffin? A perfect breakfast to wake up to! Bacon, cheese, and chives are studded throughout this egg casserole, topped off with a sprinkle of everything bagel seasoning. If you like it spicy, give it a drizzle of Buffalo sauce before you dig in. (2p-plan makes 6 muffins; 4p-plan makes 12—nutrition reflects 1 muffin)

What we send

- 4 oz pkg thick-cut bacon
- 1 mini baguette ^{4,5}
- 2 (1 oz) sour cream ²
- ¼ oz fresh chives
- 2 oz shredded cheddar-jack blend ²
- ¼ oz everything bagel seasoning ³
- 2 oz Buffalo sauce

What you need

- olive oil
- kosher salt & ground pepper
- 2 large eggs ¹

Tools

- medium skillet
- rimmed baking sheet
- 6-cup muffin tin

Allergens

Egg (1), Milk (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 280kcal, Fat 19g, Carbs 14g, Protein 14g



1. Cook bacon

Preheat oven to 375°F with a rack in the center.

Add **bacon** to a medium skillet. Cook over medium heat until browned and crisp, 7-10 minutes. Transfer to a paper towel-lined plate. Coarsely chop once cooled to the touch.

Reserve **bacon fat** in skillet.



2. Bake bread

Cut **bread** into 1-inch pieces. Toss on a rimmed baking sheet with **2 tablespoons oil or bacon fat**; season with **salt** and **pepper**. Bake on center oven rack until crisped and slightly golden brown, 12-15 minutes.

(Alternatively, cut bread into 1-inch cubes and let sit, uncovered, to dry overnight.)



3. Make custard & prep

In a medium bowl, whisk to combine **sour cream**, **2 large eggs**, and **½ cup water**. Add **toasted bread** and let sit, stirring occasionally, until bread has absorbed custard, about 10 minutes.

Meanwhile, finely chop **chives**. Brush a 6-cup muffin tin with **reserved bacon fat** or nonstick cooking spray (or line with muffin liners).



4. Bake muffins & serve

To **bread mixture**, add **cheese**, **chopped bacon**, and **chives**; stir to coat. Divide among muffin tin cups. Sprinkle **everything bagel seasoning** over top. Bake on center oven rack until golden brown, 25-30 minutes. Let sit in tin for 3 minutes before un-molding.

Serve **BEC strata muffins** with a **drizzle of Buffalo sauce**, if desired. Enjoy!



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Marley Spoon meal!