

Arcadian Harvest Ruby® with Poached Egg, Lardons & Brioche Croutons

Servings

4

Calories

540

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Medium

Ingredients

6 cups Mann's Arcadian Harvest Ruby® Salad Blend

4 eggs

1 small red onion, finely chopped (¼ cup)

7 ounces bacon lardons

Brioche Croutons (recipe below)

Mustard Vinaigrette (recipe below)



Brioche Croutons

¼ cup olive oil, extra-virgin

2 clove garlic, crushed

4 slices brioche style bread, thick (about ½")

Mustard Vinaigrette

¼ cup olive oil, extra-virgin

1 tablespoon red wine vinegar

2 tablespoons Dijon mustard

¼ cup parsley leaves, fresh, chopped

Coarse salt & fresh ground pepper to taste

A little hot water



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The Method

In a large frying pan over medium heat, fry sliced bacon lardons until crispy. Remove bacon pieces and place in microwavable bowl; set aside.

For the croutons

Preheat oven to 325°F. In a small saucepan over medium heat, heat olive oil. Add garlic and cook 3-5 minutes or until it begins to color lightly; remove the garlic and discard. Remove from heat.

Brush garlic oil on both sides of bread slices and arrange in single layer on baking sheet. Bake 10 minutes; turn bread slices over and bake for an additional 10 minutes. Remove from oven and set aside.

For the mustard vinaigrette

In small bowl or jar, whisk together olive oil, vinegar, mustard, salt, and pepper. Whisk in a little hot water; add the parsley and set aside.

For the salad

Divide salad greens among 4 individual serving plates. Sprinkle with chopped onion. In microwave, reheat bacon for a few seconds. Remove from microwave and divide over top of each individual salad. Place garlic croutons on top of each salad. Lay poached egg over the top of the croutons and pour a little Mustard Vinaigrette over. Serve with fresh crusty bread. Place remaining Mustard Vinaigrette in a small bowl.

Serve immediately.

Nutrition Facts

Serving Size: 495g | Servings: 4

Amount Per Serving

Calories 540 | Total Fat 36g (sat 10g trans 0g) | Cholesterol 330mg | Sodium 1670mg | Total Carbohydrate 18g | Dietary Fiber 0g | Sugars 3g | Protein 34g | Vitamin D 6% | Calcium 20% | Iron 80% | Potassium 2%