

# KALE, MAPLE BACON AND EGG

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## What you need

1 bunch kale	4tsp Olive oil
8 rashers streaky bacon	2tsp Balsamic vinegar
3 tbsp maple syrup	1 lemon
4 eggs	Salt and pepper, to taste
1/2 cup sliced almonds	
1 small can sweet corn	
3 slices crusty bread (sourdough, semolina)	

*Don't make this recipe without: lemon, maple syrup*

**Yields** 4 main meals

**Preparation** 5 minutes

**Cooking** 20 minutes

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## What to do

1. Line a roasting pan or tray with some aluminum foil. Cut the bread into large chunks (3cm cubes), and spread them out on the tray on one side and drizzle with olive oil. Spread out the almond slices on the other side and place under the grill.
2. Put a pot of water on the boil for your kale. Cut the hard stalks off of the kale and steam or boil with salt. Remove the croutons and almonds from the grill and set aside. Take the kale out when the stalks are cooked through and leave them to cool.
3. Put a pot of water on the boil for the eggs, about 10cm deep. Cut the bacon into 3cm pieces and remove any large portions of fat. Fry them on a hot, dry pan.
4. While the bacon is frying, add a dash of vinegar to the pot and poach the eggs one by one. Stir the water in the pot with a wooden spoon before dropping the egg in the middle to create a whirlpool. Leave on a medium heat for 3-4 minutes, before fishing them out gently with a slotted spoon onto a small dish.
5. Once the bacon has started to color slightly, add the maple syrup. Take the bacon off the heat depending on your taste.
6. Chop the kale into 5cm pieces and place onto plates with the croutons. Dress the kale with olive oil, lemon juice, salt and pepper. Drizzle some balsamic vinegar and olive oil onto the croutons. Assemble the whole dish by adding corn, bacon and the poached egg. Sprinkle the almonds all around and season the egg with salt and cracked black pepper.

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## Notes

It might seem like there are a lot of elements, but since you are doing two or three things at a time — it shouldn't take too long. If you can't find kale, you can replace it with any greens that can hold their shape, like tuscan cabbage (cavolo nero), rabe, or collared greens.