



# Cheesy Crumpet Soldiers with Honeyed Bacon & Eggs

EASY • 25 MINS

Take the humble bacon and eggs to new heights with honey roasted bacon, cheese-grilled crumpets and lashings of love.  
Your tastebuds will be thrilled!



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**COOKING TIME**  
15 mins

**SERVINGS**  
2

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

- 4 crumpet squares
- ¼ cup shredded cheese (cheddar, mozzarella or a mixture with parmesan works well here)
- 4 eggs, boiled
- 4 bacon mid-rashers
- 2 tsp **Capilano Organic Raw Honey**
- Chives, to serve
- Tomato chutney, to serve (optional)

## Method

1. Bring a small saucepan of water to the boil and add eggs, boiling for 5-6 minutes for a soft yolk. Place onto egg cups and prepare remaining items.
2. While eggs are boiling, toast crumpet squares until golden, and then place on an oven tray and sprinkle with cheese. Grill for 2-3 minutes until bubbly and golden.
3. While crumpets are grilling, cook bacon in frypan. Once nearly cooked, swirl through the honey and allow to bubble for 30 seconds to create a sweet glisten.
4. To serve, chop crumpet squares into soldiers, slice the top of the boiled egg and plate with bacon, chives and (optional) chutney. Add an extra squeeze of honey over the bacon for an extra sweet salty burst of flavor.

Used in this recipe



### Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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