

Noah's Go-To Breakfast Sando!

Serves 1 | 5 minutes prep + 10 minutes cook time

I make this in the morning for my wife and I before work and try to time it so the egg is cooking while the English muffin is toasting and both are ready at more or less the same time. If you're feeling really ambitious, you can griddle the muffin in a cast iron skillet swimming in salty butter and keep it warm in a low oven, but most mornings I take the quick and easy toaster route.

It may be obvious, but this sandwich goes really well with a cup of coffee. The coffee clears your palate between bites—sort of like pairing champagne and chocolate cake—and you get a fresh dose of eggy salty hot sauce goodness with each new bite.

~ Noah Cable, Wellspend Owner

1 English muffin

1 tablespoon of olive oil

**1 tablespoon of Karikari garlic
chili crunch**

1 egg

salt, to taste

freshly ground pepper, to taste

**~ 2 tablespoons of cheddar
cheese**

½ tablespoon of butter

**½ tablespoon of Divia
caramelized onion jam**

Zabs hot sauce, to taste

Step 1 Put your English muffin in the toaster.

Step 2 Set a cast iron pan over medium heat, then add 1 tablespoon of olive oil and 1 tablespoon of chili crunch. Let that sizzle for a moment, taking care to not let the chili crunch burn.

Step 3 Crack your egg onto the chili crunch, add salt and pepper, and fry until the whites are beginning to set. Puncture or lightly break the yolk, and flip the egg.

Step 4 Grate a couple of tablespoons of cheese over the top (you can be a little reckless here: any cheese that spills over from egg edge to pan creates a deeply flavorful bit of crusty, cheesy lace). When the cheese is melted to your liking, remove the egg from the pan and transfer to your prepared English muffin.

Step 5 When the toaster pops, spread both sides of your English muffin with butter, then spread the onion jam on one side.

Step 6 Place the egg on the “just butter,” side then drizzle with Zabs. Top with the other side of the English muffin and serve.