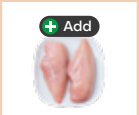




Smart Eggy BLT Salad

with DIY Caesar-ish Dressing and Garlic Croutons

Smart Meal 20 Minutes



Chicken Breasts
2 | 4

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Bacon Strips
100 g | 200 g



Egg
2 | 4



Ciabatta Roll
1 | 2



Arugula and Spinach Mix
113 g | 226 g



Baby Tomatoes
113 g | 227 g



Lemon
1 | 2



Parmesan Cheese, grated
1/4 cup | 1/2 cup



Sour Cream
1 | 2



Spicy Mayo
2 tbsp | 4 tbsp



Garlic, cloves
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Butter, salt, pepper, sugar

Cooking utensils | Small pot, large bowl, large non-stick pan, paper towels, tongs, zester

1



Cook eggs and bacon

- Add 5 cups warm water to a small pot (same for 4 ppl).
- Bring to a boil over high heat.
- Using a spoon, lower **eggs** into the **boiling water**, then reduce heat to medium-high. Cook for 7 min for a runny yolk, or 9 min for a set yolk.**
- While **eggs** cook, heat a large non-stick pan over medium-high heat.
- When hot, add **bacon**. Reduce heat to medium. Cook, flipping occasionally, until crispy, 6-8 min.**

2



Prep

- While **eggs** and **bacon** cook, zest, then juice **half the lemon**.
- Cut **remaining lemon** into wedges. Cut **tomato** into ¼-inch pieces. Season with **salt** and **pepper**.
- Peel, then mince or grate **garlic**.
- Cut or tear **ciabatta** into ½-inch pieces.

3



Finish eggs and bacon

- **+ Add | Chicken Breast**
- When done, drain and rinse **egg** under cold water for 30 sec, until cool enough to peel. Set aside in pot, still submerged in water.
- Once **bacon** is done, remove from heat. Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside.
- Discard all but ½ **tbsp** (1 **tbsp**) **fat** from pan.

4



Make garlic croutons

- Reheat pan over low. Add **1 tbsp** (2 **tbsp**) **butter**. Swirl pan until melted, 30 sec.
- Add **ciabatta**. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min.
- Remove from heat. Stir in **half the garlic**.

5



Finish prep

- Peel then halve **eggs**. Season with **salt** and **pepper**.
- Cut or tear **bacon** into 1-inch pieces.
- Add **sour cream**, **lemon zest**, **half the spicy mayo**, **half the Parmesan cheese**, **remaining garlic**, ⅛ **tsp** (¼ **tsp**) **sugar** and ½ **tbsp** (1 **tbsp**) **lemon juice** to a large bowl. Season with **salt** and **pepper**, then stir to mix.
- Add **arugula and spinach mix**, **tomatoes** and **half the croutons** to bowl of **dressing**. Toss to coat.

6



Finish and serve

- **+ Add | Chicken Breasts**
- Divide **salad** between plates.
- Top with **eggs**, **bacon**, **remaining croutons** and **remaining Parmesan cheese**.
- Drizzle **remaining spicy mayo** over **eggs**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Finish eggs and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Pan fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Use the same pan to cook **croutons** in step 4.

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Arrange **chicken** on top of **plated salad**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook eggs and chicken to a minimum internal temperature of 74°C/165°F and bacon to a minimum internal temperature of 71°C/160°F.