

HELLO Carb Smart Dilly Bacon Ranch Salad with Jammy Eggs and Fried Capers

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and

2 Double

Smart Meal

🚫 Swap)

20 Minutes



Breasts (



285 g | 570 g

Bacon Strips

100 g | 200 g



Spring Mix



Baby Tomatoes 113 g | 227 g

113 g | 227 g





30 g | 60 g









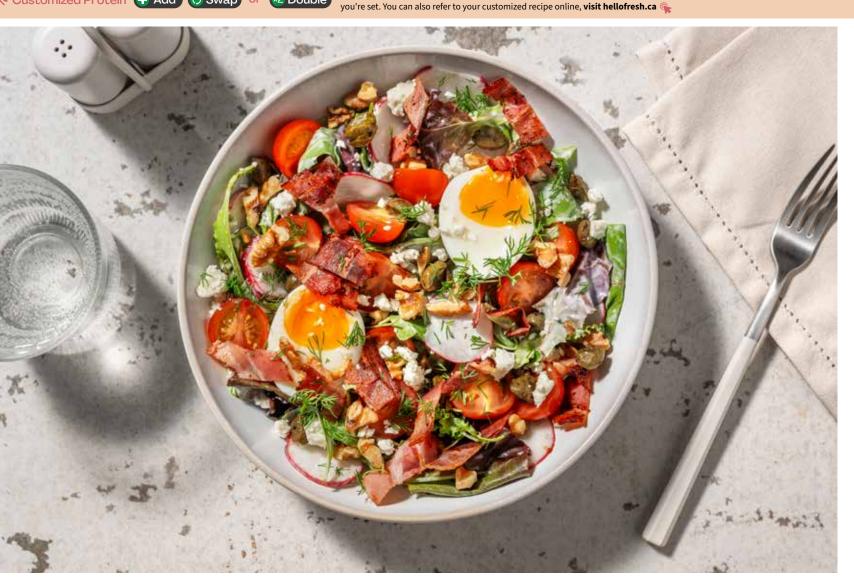


Feta Cheese. crumbled

Ranch Dressing

1/4 cup | 1/2 cup

4 tbsp | 8 tbsp



Allengens 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. Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, paper towels, slotted spoon, small pot, strainer, tongs



Boil eggs

- Before starting, wash and dry all produce.
- Add 3 cups (6 cups) warm water to a small pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Using a spoon, lower egg into the boiling water. Cook for 7 min for a runny yolk or 9 min for a set yolk.**
- Drain and rinse egg under cold water for 30 sec, until cool enough to peel.
- Peel, then halve eggs. Season with salt and pepper.



Toast walnuts

🕂 Add | Chicken Breasts 🕽

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add walnuts to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (TIP: Keep your eye on them so they don't burn.)
- Transfer walnuts to a plate.



Cook bacon

- Add bacon to the same pan. Cook, flipping occasionally over medium-low, until crispy, 5-7 min.** Remove from heat.
- Using tongs, transfer **bacon** to a paper towellined plate. Set aside.
- Carefully drain and discard all but 2 tbsp (4 tbsp) **bacon fat**. Leave the **fat** in the pan.



🕕 Add | Shrimp 🗋 If you've opted to add **shrimp**, using a strainer,

Measurements

within steps

chicken

1 tbsp

2 | Toast walnuts and cook

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 1 tbsp (2 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.**

Transfer to a plate and cover to keep warm.

Use the same pan to cook **bacon** in step 3.

5 | Cook shrimp and prep

oil

Ingredient

drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan (from step 4) over medium-high. When hot, add ½ tbsp (1 tbsp) oil, then shrimp. Cook, stirring occasionally, until shrimp just turn pink, 2-3 min.** Remove from heat.

Fry capers

- Drain and rinse capers, then pat dry with paper towels.
- Reheat the same pan with bacon fat over medium.
- When hot, add capers. Fry until crispy, 2-4 min.
- Remove with a slotted spoon and transfer capers to the paper-towel lined plate with bacon (from step 2).



Prep

🕕 Add | Shrimp

- Meanwhile, thinly slice radishes.
- Halve tomatoes.
- Finely chop dill.
- Crumble or cut bacon into bite-sized pieces. (TIP: Use kitchen shears to cut bacon with ease.)



Finish and serve

Add | Chicken Breasts

🖶 Add | Shrimp

- Add spring mix, radishes, half the dill and ranch dressing to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Divide spring mix between plates. Top with tomatoes, capers and eggs.
- Sprinkle walnuts, feta, bacon and remaining dill over top.

6 | Finish and serve

Add | Chicken Breasts

Thinly slice **chicken**. Top plates with **chicken**.

6 | Finish and serve

+ Add | Shrimp

Top plates with **shrimp**.

- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.
- ** Cook bacon to a minimum internal temperature of 71°C/160°F, and cook eggs, chicken and shrimp to a minimum internal temperature of 74°C/165°F, as sizes may vary.