



Bacon, Apple and Cheddar Melts

with Wedges and Honey-Mustard Dip

Family Friendly 20-30 Minutes

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)

Chicken Breasts	Turkey Breast Portions
2 4	340 g 680 g



Bacon Strips	BBQ Seasoning
100 g 200 g	1 tbsp 2 tbsp
White Cheddar Cheese, shredded	Gala Apple
½ cup 1 cup	1 2
Baby Spinach	Sandwich Bun
28 g 56 g	2 4
Mayonnaise	Dijon Mustard
4 tbsp 8 tbsp	½ tbsp 1 tbsp
Whole Grain Mustard	Honey
1 tbsp 2 tbsp	1 2
Sweet Potato	
2 4	

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Pepper, sugar, oil, unsalted butter, salt

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, paper towels, parchment paper, 2 small bowls, tongs

1



Roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- Remove 2 tbsp (4 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

+ Add | **Chicken Breasts**

+ Add | **Turkey Breast Portions**

- Cut **sweet potatoes** into ¼-inch wedges.
- Add **sweet potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **BBQ Seasoning**, **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

4



Sauté apples

- When **bacon** is done, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **reserved bacon fat**, then **apples**. Sprinkle **1 tsp** (2 **tsp**) **sugar** over **apples**. Cook, gently stirring occasionally, until **apples** are lightly caramelized, 2-3 min.
- Remove the pan from heat.

2



Cook bacon

- Meanwhile, arrange **bacon strips** in a single layer on another parchment-lined baking sheet.
- Roast **bacon** in the **top** of the oven, flipping halfway through, until golden-brown and cooked through, 12-14 min.**
- Using tongs, transfer **bacon** to a paper towel-lined plate.
- Carefully transfer **bacon fat** to a small heat-proof bowl. Reserve and set aside.

5



Melt cheese and toast buns

- Meanwhile, halve **buns**.
- Arrange **buns** on an unlined baking sheet, cut-side up.
- Spread **2 tbsp** (4 **tbsp**) **softened butter** on cut sides.
- Sprinkle **cheese** over **top buns**.
- Toast in the **top** of the oven until **cheese** is melted and **bottom buns** are golden, 4-5 min. (**TIP:** Keep your eye on buns so they don't burn!)

3



Make honey-mustard mayo

- Meanwhile, add **Dijon**, **whole grain mustard**, **mayo** and **honey** to another small bowl. Season with **salt** and **pepper**, then stir to combine.
- Core, then cut **apple** into ¼-inch slices.

6



Finish and serve

- + Add | **Chicken Breasts**
- + Add | **Turkey Breast Portions**
- Spread **some honey-mustard mayo** on **bottom buns**, then stack with **bacon**, **apples** and **spinach**. Close with **top buns**.
- Halve **sandwiches**, if desired.
- Divide **sandwiches** and **sweet potato wedges** between plates.
- Serve **remaining honey-mustard mayo** alongside for dipping.

Measurements
within steps

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

1 | Roast wedges and chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, while **sweet potatoes** cook, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Arrange on an unlined baking sheet. Drizzle **1 tbsp** (2 **tbsp**) **oil** over top. Roast in the **bottom** of the oven until cooked through, 16-18 min. **

1 | Roast wedges and turkey

+ Add | **Turkey Breast Portions**

If you've opted to add **turkey breast portions**, while **sweet potatoes** cook, pat **turkey** dry with paper towels, then, if applicable, cut into 2 (4) equal pieces on a separate cutting board. Season with **salt** and **pepper**. Arrange on an unlined baking sheet. Drizzle **1 tbsp** (2 **tbsp**) **oil** over top. Roast in the **bottom** of the oven cooked through, 14-18 min. **

6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Divide **chicken** between **sandwiches**.

6 | Finish and serve

+ Add | **Turkey Breast Portions**

Thinly slice **turkey**. Divide **turkey** between **sandwiches**.

* 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, as size may vary. Cook chicken and turkey to a minimum internal temperature of 74°C/165°F, as size may vary.