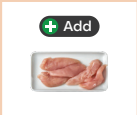




Carb Smart Harvest Fruit and Bacon Salad with Feta and Walnuts

Smart Meal 25 Minutes



Chicken Breast Tenders +
310 g | 620 g

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



- Bacon Strips
100 g | 200 g
- Egg
2 | 4
- Arugula and Spinach Mix
113 g | 226 g
- Gala Apple
1 | 2
- Red Grapes
85 g | 170 g
- Feta Cheese, crumbled
¼ cup | ½ cup
- Walnuts, chopped
28 g | 56 g
- Croutons
28 g | 56 g
- Pepitas
28 g | 56 g
- Balsamic Vinegar
1 tbsp | 2 tbsp
- Honey
½ | 1
- Whole Grain Mustard
½ tbsp | 1 tbsp

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 | Oil, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, paper towels, strainer, tongs, whisk

1



Boil eggs

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

2



Toast walnuts and pepitas

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

3



Cook bacon

- + Add | **Chicken Breast Tenders**
- Add **bacon** to the same pan over medium heat. Cook, flipping occasionally, until crispy, 5-7 min.**
- Remove from heat. Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside.

4



Prep

- Meanwhile, halve **grapes**.
- Core, then cut **apple** into ¼-inch pieces.

5



Make dressing

- Add **vinegar**, **half the honey** (use all for 4 ppl), **half the mustard** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**TIP**: We love to use olive oil in this recipe.)

6



Finish and serve

- Crumble or cut **bacon** into bite-sized pieces. (**TIP**: Use kitchen shears to cut bacon with ease!)
- Add **arugula-spinach mix**, **apples** and **grapes** to the bowl with **dressing** (from step 5), then toss to coat.
- Divide **salad** between plates. Top with **bacon**, **feta**, **croutons**, **walnuts**, **pepitas** and **egg wedges**.

Measurements
within steps

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

3 | Cook bacon and chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan with the **bacon fat** over medium-high heat. When hot, add **chicken**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.**

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