







# Carb Smart Brussels Sprouts and Bacon Hash

## with Jammy Egg and Maple-Miso Drizzle

Smart Meal

30 Minutes

 + Add	 + Add
Chicken Breasts 2   4	Salmon Fillets 250 g   500 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](https://www.hellofresh.ca)



 Bacon Strips 100 g   200 g	 Brussels Sprouts 227 g   454 g
 Egg 2   4	 Sweet Potato 1   2
 BBQ Seasoning ½ tbsp   1 tbsp	 Maple Syrup 1 tbsp   2 tbsp
 Miso Broth Concentrate 1   1	 Red Onion ½   1
 Green Bell Pepper 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, salt, pepper

Cooking utensils | 2 baking sheets, large non-stick pan, measuring cups, measuring spoons, parchment paper, silicone brush, small bowl, small pot, strainer, vegetable peeler

1



### Prep and cook sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Halve **Brussels sprouts** (if larger, quarter them), removing any damaged leaves.
- Cut **Brussels sprouts** into ¼-inch slices.
- Peel, then cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes, Brussels sprouts, half the BBQ seasoning** (use all for 4 ppl) and ½ **tbsp** (1 **tbsp**) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min.

2



### Cook bacon

- Stir together **maple syrup** and **miso broth concentrate** in a small bowl. Season with **salt**.
- Arrange **bacon strips** in a single layer on a parchment-lined baking sheet. Drizzle over ½ **tbsp** (1 **tbsp**) **miso-mixture**, then brush to coat.
- Roast **bacon** in the **bottom** of the oven, until crispy and cooked through, 8-12 min.\*\*

3



### Prep

- Meanwhile, add **4 cups** (6 cups) **warm water** to a small pot. Bring to a boil over high heat.
- Meanwhile, peel, then cut **half the onion** into ½-inch pieces (use whole onion for 4 ppl).
- Core, then cut **pepper** into ½-inch pieces.

4



### Cook eggs

- 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 **eggs**. Set aside.

5



### Make hash

+ Add | **Chicken Breasts**

+ Add | **Salmon**

- Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **onions** and **peppers**. Cook, stirring often, until softened, 3-4 min.
- Season with **salt** and **pepper**.
- Remove from heat. Add **sweet potato-Brussels sprouts mixture**, once finished roasting, then stir to combine.

6



### Finish and serve

- Divide **hash** between plates.
- Drizzle over **remaining miso mixture**.
- Break or cut **bacon** into 1-inch pieces, then top **hash**.
- Top with **egg** and break open. Season **egg** with **salt**.

Measurements  
within steps

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

### 5 | Prep 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 **1 **tbsp**** (2 **tblsp**) **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.\*\* Slice **chicken**, then serve over **hash**.

### 5 | Prep and cook salmon

+ Add | **Salmon**

If you've opted to add **salmon**, pat **salmon** dry with paper towels, then season with **salt** and **pepper**. Heat a medium non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.\*\* Serve over **hash**.

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

\*\* Cook chicken and eggs to a minimum internal temperature of 74°C/165°F (as size may vary), and cook salmon to a minimum internal temperature of 70°C/158°F, as size may vary.