

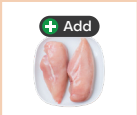


Smart Bacon and Egg Spinach Salad

with Warm Shallot Vinaigrette and Mushrooms

Smart Meal

30 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](https://www.hellofresh.ca)



- Bacon Strips
100 g | 200 g
- Maple Syrup
2 tbsp | 2 tbsp
- Garlic, cloves
1 | 2
- Whole Grain Mustard
1 tbsp | 2 tbsp
- White Wine Vinegar
1 tbsp | 2 tbsp
- Shallot
1 | 2
- Mushrooms
113 g | 227 g
- Baby Spinach
113 g | 227 g
- Cheddar Cheese, shredded
¼ cup | ½ cup
- Hard Boiled Egg
2 | 4
- Red Potato
250 g | 500 g
- BBQ Seasoning
1 tbsp | 2 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Pepper, salt, oil

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

1



Roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet.
- Season with **salt**, **pepper** and **half the BBQ Seasoning** (use all for 4 ppl), then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min.

2



Cook bacon

+ Add | **Chicken Breasts**

- Arrange **bacon strips** in a single layer on an unlined baking sheet.
- Roast 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 all but **½ tbsp** (1 tbsp) **bacon fat** to a small heat-proof bowl. Reserve **remaining fat** on the baking sheet.

3



Prep and make vinaigrette base

- Quarter **mushrooms**.
- Peel, then mince or grate **garlic**.
- Peel, then cut **half the shallot** (use all for 4 ppl) into ¼-inch pieces.
- Peel **eggs**.
- Whisk together **mustard**, **vinegar** and **half the maple syrup** (use all for 4 ppl) in a large heat-proof bowl.

4



Cook mushrooms

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **reserved bacon fat** from the small bowl, then **mushrooms**.
- Cook, stirring occasionally, until **mushrooms** are golden-brown, 4-5 min.
- Add **half the garlic**, then season with **salt** and **pepper**, to taste. Cook, stirring often, until fragrant, 30 sec.
- Transfer **mushrooms** to a plate.

5



Make warm vinaigrette

- Heat the same pan over medium-high.
- When hot, add **1 tbsp** (1 ½ tbsp) **reserved bacon fat** from the baking sheet, then **shallots**. Cook, stirring often, until fragrant, 30 sec.
- Remove from heat, then add **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Carefully transfer **bacon fat** and **shallots** to the large bowl with **vinaigrette base**. Season with **salt** and **pepper**, to taste, then whisk to combine.

6



Finish and serve

+ Add | **Chicken Breasts**

- Quarter **eggs** lengthwise, then season with a **pinch of salt** and **pepper**, to taste.
- Chop **bacon** into ½-inch pieces.
- Add **mushrooms**, **spinach**, **potatoes** and **half the bacon** to the bowl with **warm vinaigrette**, then toss to combine.
- Divide **salad** between plates.
- Sprinkle **cheese** and **remaining bacon** over top.
- Top with **eggs**.

Measurements
within steps

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

2 | Cook chicken and bacon

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Arrange on baking sheet next to bacon. Drizzle **½ tbsp** (1 tbsp) **oil** over top. Bake in the **top** of the oven until golden brown and cooked through, 16-18 min. **

6 | Finish and serve

+ Add | **Chicken Breasts**

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

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