

# Carb Smart Bacon Taco Salad

with Chipotle Crema and Charred Corn

Smart Meal

25 Minutes





Breasts (

Bacon

200 g | 400 g



**Bacon Strips** 



100 g | 200 g





Chipotle Sauce



113 g | 227 g

2 tbsp | 4 tbsp



Cheddar Cheese. shredded



1/2 cup | 1 cup





Sour Cream



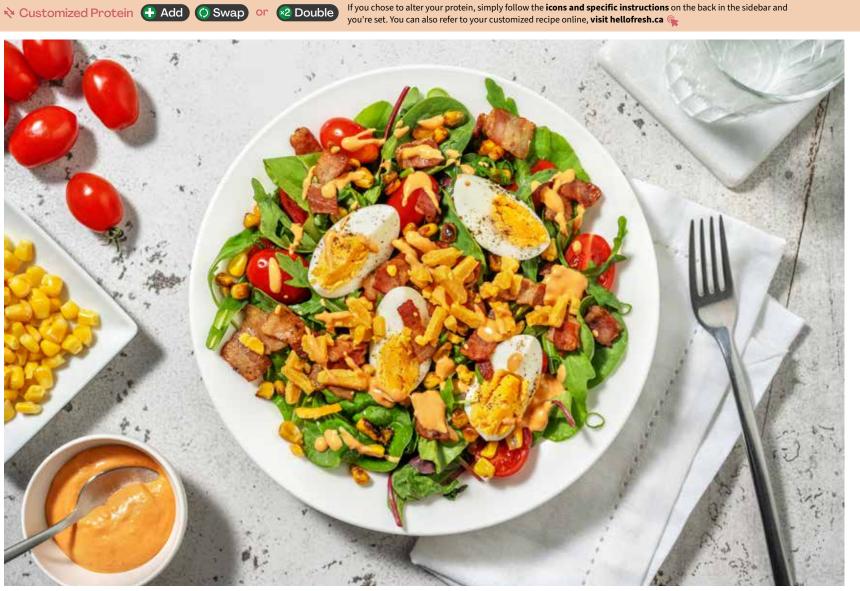
Green Onion



1 | 2



Corn Kernels 113 g | 227 g



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. Cooking utensils | Large bowl, large non-stick pan, measuring spoons, paper towels, slotted spoon, small bowl, whisk, zester



#### Cook bacon

• Before starting, wash and dry all produce.

#### 🔀 Double | Bacon 🕽

- Cut bacon into 1-inch pieces.
- · Heat a large non-stick pan over medium-high
- When hot, add bacon and 2 tbsp (4 tbsp) water. Cook, flipping occasionally, until crispy, 6-10 min.\*\*
- Remove from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.



## Prep

- · Meanwhile, quarter eggs, then season with salt and pepper.
- Halve tomatoes.
- Thinly slice green onions.
- Zest lime.
- Add sour cream, chipotle sauce, lime zest and 1 tbsp (2 tbsp) water to a small bowl, then stir to combine. Set aside.



# Char corn

#### 🕕 Add | Chicken Breasts

- Drain **2 tbsp** (4 tbsp) **bacon fat** into a large
- Discard any remaining bacon fat in the pan.
- · Heat the same pan over medium-high heat.
- Add corn. Cook, stirring occasionally, until golden, 5-6 min.



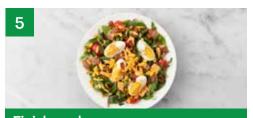
- bowl, then set aside.

- · Season with salt and pepper.



# Make dressing and salad

- Juice lime into the large bowl with bacon fat. Whisk to combine. Season with salt and pepper.
- Add spring mix, green onions, tomatoes and corn to the large bowl with dressing. Toss to combine.



## Finish and serve

#### 🕂 Add | Chicken Breasts

- Divide salad between plates.
- Top with bacon and eggs.
- Sprinkle with cheese.
- Drizzle with chipotle crema.

Measurements within steps

1 tbsp

oil

Ingredient

# 1 | Cook bacon

#### <mark><</mark> Double | Bacon

If you've opted for **double bacon**, don't overcrowd the pan. Pan-fry bacon in batches, if needed.

## 3 | Char corn and cook chicken

#### Add | Chicken Breasts

Pat chicken dry with paper towels. Season with salt and pepper. Do not discard remaining bacon fat. Heat the pan over medium heat. When hot, add chicken. Panfry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\* Drain and dicard any remaining fat then use the same pan to char **corn**.

### 5 | 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.

<sup>\*\*</sup> Cook bacon to a minimum internal temperature of 71°C/160°F, as size may vary, and cook chicken to a minimum internal temperature of 74°C/165°F.