



Bacon, Apple and Cheddar Melts

with Sweet Potato Wedges and Honey-Mustard Dip

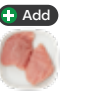
Family Friendly 25 - 35 Minutes

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
2 | 4



Turkey Breast Portions
340g | 680g



Bacon Strips
100 g | 200 g



BBQ Seasoning
1 tbsp | 2 tbsp



White Cheddar Cheese, shredded
½ cup | 1 cup



Gala Apple
1 | 2



Baby Spinach
28 g | 56 g



Sandwich Bun
2 | 4



Mayonnaise
4 tbsp | 8 tbsp



Dijon Mustard
½ tbsp | 1 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Honey
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.

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

Cooking utensils | 3 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.

- 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



Cook 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, stirring occasionally, until **apples** are lightly caramelized, 2-3 min.
- Remove the pan from heat.

2



Cook bacon

+ Add | **Chicken Breasts**

- 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 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.

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



Prep and make honey-mustard mayo

+ Add | **Turkey Breast Portions**

- 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 | **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

2 | Cook bacon and chicken

+ 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 **1 tbsp** (2 tbsp) **oil** over top. Roast **bacon** and **chicken** in the **top** of the oven, flipping **bacon** halfway through, until **bacon** is golden and cooked through, 12-14 min.** Using tongs, transfer **bacon** to a paper towel-lined plate. Continue roasting **chicken** until golden and cooked through, 5 to 7 min more.** Thinly slice **chicken**. Top **sandwiches** with **chicken** when you assemble them.

3 | Cook turkey and finish prep

+ Add | **Turkey Breast Portions**

If you've opted to add **turkey**, while **bacon** cooks, pat dry with paper towels. If applicable, cut into **2** (4) **equal portions**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey**. Sear until golden-brown, 2-3 min per side. Remove from heat, then arrange **turkey** on an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 12-14 min.** Reuse the same pan to cook **apples** in step 4.

6 | Finish and serve

+ Add | **Turkey Breast Portions**

Thinly slice **turkey**. Top **sandwiches** with **turkey** when you assemble them.

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

** Cook pork and poultry to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.