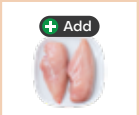




# Smart Eggy BLT Salad

with DIY Caesar-ish Dressing and Garlic Croutons

Smart Meal   Spicy   20 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](http://www.hellofresh.ca)



-  Bacon Strips  
100 g | 200 g
-  Egg  
2 | 4
-  Ciabatta Roll  
1 | 2
-  Arugula and Spinach Mix  
113 g | 226 g
-  Spring Mix  
28 g | 56 g
-  Baby Tomatoes  
113 g | 227 g
-  Lemon  
1 | 2
-  Parmesan Cheese, shredded  
¼ cup | ½ cup
-  Sour Cream  
1 | 2
-  Spicy Mayo  
2 tbsp | 4 tbsp
-  Garlic, cloves  
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** | Butter, salt, pepper, sugar

**Cooking utensils** | Large bowl, large non-stick pan, measuring cups, measuring spoons, paper towels, small pot, tongs, zester

1



## Cook eggs and bacon

- Add 5 cups warm water to a small pot (same for 4 ppl).
- Bring to a boil over high heat.
- Using a spoon, lower **eggs** into the **boiling water**, then reduce heat to medium-high. Cook for 7 min for a **runny yolk**, or 9 min for a **set yolk**.\*\*
- While **eggs** cook, heat a large non-stick pan over medium-high heat.
- When hot, add **bacon**. Reduce heat to medium. Cook, flipping occasionally, until crispy, 6-8 min.\*\*

4



## Make garlic croutons

- Reheat pan over low. Add **1 tbsp** (2 tbsp) **butter**. Swirl pan until melted, 30 sec.
- Add **ciabatta**. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min.
- Remove from heat. Stir in **half the garlic**.

2



## Prep

- **+ Add | Chicken Breasts**
- While **eggs** and **bacon** cook, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Cut **tomato** into ¼-inch pieces. Season with **salt** and **pepper**.
- Peel, then mince or grate **garlic**.
- Cut or tear **ciabatta** into ½-inch pieces.

5



## Finish prep

- Peel then halve **eggs**. Season with **salt** and **pepper**.
- Cut or tear **bacon** into 1-inch pieces.
- Add **sour cream**, **lemon zest**, **half the spicy mayo**, **half the Parmesan cheese**, **remaining garlic**, ⅛ tsp (¼ tsp) **sugar** and ½ **tbsp** (1 tbsp) **lemon juice** to a large bowl. Season with **salt** and **pepper**, then stir to mix.
- Add **spring mix**, **arugula** and **spinach mix**, **tomatoes** and **half the croutons** to bowl of **dressing**. Toss to coat.

3



## Finish eggs and bacon

- When done, drain and rinse **egg** under **cold water** for 30 sec, until cool **enough** to peel. Set aside in pot, still submerged in **water**.
- Once **bacon** is done, remove from heat. Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside.
- Discard all but ½ **tbsp** (1 tbsp) **fat** from pan.

6



## Finish and serve

- **+ Add | Chicken Breasts**
- Divide **salad** between plates.
- Top with **eggs**, **bacon**, **remaining croutons** and **remaining Parmesan cheese**.
- Drizzle **remaining spicy mayo** over **eggs**.
- Squeeze a **lemon wedge** over top if desired.

Measurements  
within steps

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

## 2 | Cook chicken and prep

**+ Add | Chicken Breasts**

If you've opted to add **chicken breasts**, while **eggs** and **bacon** cook, pat dry with paper towels. Season with **salt** and **pepper**. Arrange on an unlined baking sheet. Drizzle **1 tbsp** (2 **tbsp**) **oil** over top. Bake in the **middle** of the oven until golden and cooked through, 16-18 min.\*\*

## 6 | Finish and serve

**+ Add | Chicken Breasts**

Thinly slice **chicken**. Top **salad** 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 eggs and chicken to a minimum internal temperature of 74°C/165°F, and cook bacon to a minimum internal temperature of 71°C/160°F, as size may vary.