



Carb Smart Dilly Bacon Ranch Salad

with Jammy Eggs and Fried Capers

Smart Meal








20 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	 Shrimp 285 g 570 g
---	--



 Bacon Strips 100 g 200 g	 Egg 2 4
 Spring Mix 113 g 227 g	 Baby Tomatoes 113 g 227 g
 Capers 30 g 60 g	 Radish 3 6
 Dill 7 g 14 g	 Walnuts, chopped 28 g 56 g
 Feta Cheese, crumbled ¼ cup ½ cup	 Ranch Dressing 4 tbsp 8 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.

1



Boil eggs

- Before starting, wash and dry all produce.

- Add **3 cups** (6 cups) **warm water** to a small pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Using a spoon, lower **egg** into the **boiling water**. Cook for 7 min for a runny yolk or 9 min for a set yolk.**
- Drain and rinse **egg** under **cold water** for 30 sec, until cool enough to peel.
- Peel, then halve **eggs**. Season with **salt** and **pepper**.

4



Fry capers

- Drain and rinse **capers**, then pat dry with paper towels.
- Reheat the same pan with **bacon fat** over medium.
- When hot, add **capers**. Fry until crispy, 2-4 min.
- Remove with a slotted spoon and transfer **capers** to the paper-towel lined plate with **bacon** (from step 2).

2



Toast walnuts

- + Add | **Chicken Breasts**

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn.)
- Transfer **walnuts** to a plate.

5



Prep

- + Add | **Shrimp**

- Meanwhile, thinly slice **radishes**.
- Halve **tomatoes**.
- Finely chop **dill**.
- Crumble or cut **bacon** into bite-sized pieces. (**TIP:** Use kitchen shears to cut bacon with ease.)

3



Cook bacon

- Add **bacon** to the same pan. Cook, flipping occasionally over medium-low, until crispy, 5-7 min.** Remove from heat.
- Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside.
- Carefully drain and discard all but **2 tbsp** (4 tbsp) **bacon fat**. Leave the **fat** in the pan.

6



Finish and serve

- + Add | **Chicken Breasts**

- + Add | **Shrimp**
- Add **spring mix**, **radishes**, **half the dill** and **ranch dressing** to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Divide **spring mix** between plates. Top with **tomatoes**, **capers** and **eggs**.
- Sprinkle **walnuts**, **feta**, **bacon** and **remaining dill** over top.

Measurements
within steps

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

2 | Toast walnuts 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 tbsp) **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.** Transfer to a plate and cover to keep warm. Use the same pan to cook **bacon** in step 3.

5 | Cook shrimp and prep

- + Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan (from step 4) over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat.

6 | Finish and serve

- + Add | **Chicken Breasts**

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

6 | Finish and serve

- + Add | **Shrimp**

Top plates with **shrimp**.

* 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 cook eggs, chicken and shrimp to a minimum internal temperature of 74°C/165°F, as sizes may vary.