







Smart Egggy BLT Salad

with DIY Caesar-ish Dressing and Garlic Croutons

Smart Meal

Spicy







20 Minutes

 + Add	 + Add
	
Chicken Breasts 2 4	Turkey Breast Portions 340 g 680 g

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	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 1/4 cup 1/2 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.

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.

+ Add | **Chicken Breasts**

- 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.
- When hot, add **bacon**. Reduce heat to medium. Cook, flipping occasionally, until crispy, 6-8 min.**

4



Make garlic croutons

+ Add | **Turkey Breast Portions**

- 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

- 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**, **remaining garlic**, **½ 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** and **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**

+ Add | **Turkey Breast Portions**

- Divide **salad** between plates.
- Top with **eggs**, **bacon**, **remaining croutons** and **remaining Parmesan**.
- 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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Cook eggs, 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 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.**

4 | Cook turkey and garlic croutons

+ Add | **Turkey Breast Portions**

If you've opted to add **turkey breast portions**, pat **turkey** dry with paper towels, then if applicable, cut into **2 (4) equal pieces** on a separate cutting board. Season with **salt** and **pepper**. Reheat pan over medium-high. When hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey**. (NOTE: Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per batch.) Cook until golden-brown all over and cooked through, 6-8 min.** Transfer to a plate.

6 | Finish and serve

+ Add | **Chicken Breast**

Thinly slice **chicken**. Top salad with **chicken**.

6 | Finish and serve

+ Add | **Turkey Breast Portion**

Thinly slice **turkey**, then top final plates with **turkey**.

* 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, turkey and chicken breasts 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.