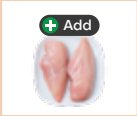




# Bacon, Apple and Cheddar Melts

## with Sweet Potato Wedges and Honey-Mustard Dip

Family Friendly 25-35 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



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** | 2 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.

+ Add | **Chicken Breasts**

- 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



### Sauté 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

- 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-brown 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 mustard mayo

- 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

- 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

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 | Roast wedges and chicken

+ Add | **Chicken Breast**

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 with **1 tbsp** (2 tbsp) **oil**. Roast in the **top** of the oven until golden and cooked through, 18-22 min.\*\*

## 6 | Finish and serve

+ Add | **Chicken Breasts**

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