



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://visit.hellofresh.ca)

 + Add	 *2 Double
Chicken Breasts 2 4	Bacon Strips 200 g 400 g



 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, 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.

- Cut **sweet potatoes** into ¼-inch wedges.
- To a parchment-lined baking sheet, add **sweet potatoes** and **1 tbsp** (2 tbsp) **oil**. Season with **BBQ Seasoning, salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 22-25 min, flipping halfway through, until tender and golden.

4



Sauté apples

+ Add | **Chicken Breasts**

- When **bacon** is done, heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **reserved bacon fat**, then **apples**. Sprinkle **1 tsp** (2 tsp) **sugar** over **apples**. Cook for 2-3 min, stirring occasionally, until **apples** are lightly caramelized.
- Remove pan from heat.

2



Cook bacon

*2 Double | **Bacon Strips**

- Meanwhile, on another parchment-lined baking sheet, arrange **bacon strips** in a single layer.
- Roast **bacon** in the **top** of the oven for 12-14 min, flipping halfway through, until crisp and cooked through.**
- 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**.
- On an unlined baking sheet, arrange **buns**, 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 for 4-5 min, until **cheese** is melted and **bottom buns** are golden. (**TIP:** Keep your eye on them so they don't burn!)

3



Prep and make mustard mayo

- Meanwhile, to another small bowl, add **Dijon, whole grain mustard, mayo** and **honey**. Season with **salt** and **pepper**, then stir to combine.
- Core, then cut **apple** into ¼-inch slices.

6



Finish and serve

+ Add | **Chicken Breasts**

- Spread **some honey-mustard mayo** on **bottom buns**, then stack with **bacon, apples** and **spinach**. Close with **top buns**.
- Halve **sandwiches**, if you like.
- 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-serving 4-serving Ingredient

For 6 servings

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.

2 | Cook bacon

*2 Double | **Bacon Strips**

If you've opted for **double bacon**, cook in the same way the recipe instructs you to cook the **regular portion of bacon**.

4 | Sauté apples and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. After cooking the **apples**, transfer them to a plate. Carefully wipe out the pan, then reheat over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry for 6-7 min on one side until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.**

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 bacon and chicken to a minimum internal temperature of 160°F and 165°F, respectively.