



Cal Smart Maple-Glazed Bacon Salad

with Roasted Veggies and Maple-Mustard Dressing

Calorie Smart 30 Minutes



Bacon Strips



Baby Spinach



Sweet Potato



Maple Syrup



Smoked Paprika-Garlic Blend



Salad Topping Mix



Brussels Sprouts



Whole Grain Mustard



Red Wine Vinegar

HELLO BACON

The ultimate salty, smoky flavour booster!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, silicone brush, large bowl, parchment paper, whisk, paper towels

Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Baby Spinach	113 g	227 g
Sweet Potato	170 g	340 g
Maple Syrup	2 tbsp	4 tbsp
Smoked Paprika-Garlic Blend	½ tbsp	1 tbsp
Salad Topping Mix	28 g	56 g
Brussels Sprouts	170 g	340 g
Whole Grain Mustard	1 tbsp	2 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

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.

Contact

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Prep

Cut **sweet potato** into ½-inch wedges. Halve **Brussels sprouts** (if larger, quarter them).



Make dressing

Add **mustard**, **vinegar** and **remaining maple syrup** to the bowl with **bacon fat**. Season with **salt** and **pepper**, then whisk until well combined.



Roast veggies

Add **sweet potatoes**, **Brussels sprouts**, **½ tbsp Smoked Paprika-Garlic Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-20 min. Once tender, transfer **veggies** to a plate and place in the fridge to cool.



Assemble salad

Add **spinach** and **roasted veggies** to the bowl with **dressing**. Toss to combine.



Cook bacon

While **veggies** roast, pat **bacon** dry with paper towels. Arrange **bacon** in a single layer on another parchment-lined baking sheet. Brush all over with **half the maple syrup**. Bake in the **bottom** of the oven, flipping halfway through, until **bacon** starts to crisp, 10-12 min. ** Transfer **bacon** to a plate, then carefully transfer **bacon fat** to a large bowl.



Finish and serve

Chop or crumble **bacon** into 1-inch pieces. Divide **salad** between plates. Top with **maple-glazed bacon**. Sprinkle **salad topping mix** over top.

Dinner Solved!