



Carb Smart Cobb Salad

with DIY Ranch Dressing

Carb Smart

Quick

25 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Bacon Strips



Baby Spinach



Feta Cheese, crumble



Pepitas



White Wine Vinegar



Sour Cream



Garlic Salt



Chicken Tenders



Roma Tomato



Gala Apple



Egg



Dried Cranberries



Mayonnaise

HELLO BACON

The ultimate salty, smoky flavour booster!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, slotted spoon, large bowl, small pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Chicken Tenders*	310 g	620 g
Baby Spinach	113 g	227 g
Roma Tomato	95 g	190 g
Feta Cheese, crumbled	½ cup	1 cup
Gala Apple	1	2
Pepitas	28 g	56 g
Egg	2	4
White Wine Vinegar	2 tbsp	4 tbsp
Dried Cranberries	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic Salt	¼ tsp	½ tsp
Sugar*	½ tsp	1 tsp
Salt and Pepper*		

* Pantry items

** Cook eggs, chicken and pork to minimum internal temperatures of 74°C/165°F, 74°C/165°F and 71°C/160°F, respectively.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



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1



Boil eggs

- Add **4 cups** (8 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 **eggs** into the **boiling water**. Cook, 7 min for a runny yolk or 9 min for a set yolk.**
- Drain and rinse **eggs** under cold water until cool enough to peel, 30 sec.
- Peel, then halve **eggs**. Season with **salt** and **pepper**.

4



Cook bacon

- Heat a large non-stick pan over medium heat.
- When hot, add **bacon**. Cook, stirring often, until crispy, 7-10 min.** Remove from heat.
- Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.
- Reserve **½ tbsp** (1 tbsp) **bacon fat** in a large bowl. Carefully discard remaining fat.

2



Prep and make ranch dressing

- Meanwhile, core, then cut **apple** into ¼-inch slices.
- Cut **tomato** into ¼-inch pieces.
- Add **mayo**, **sour cream**, **½ tbsp** (1 tbsp) **vinegar**, **½ tsp** (1 tsp) **sugar** and **¼ tsp** (½ tsp) **garlic salt** to a small bowl. Season with **pepper**, then stir to combine.

5



Toss salad

- Add **remaining vinegar** to the bowl with **reserved bacon fat**. Season with **salt** and **pepper**, then whisk to combine.
- Add **bacon**, **apples**, **tomatoes**, **dried cranberries** and **spinach** to the large bowl with **dressing**, then toss to combine.

3



Prep bacon

- Cut **bacon** crosswise into ¼-inch strips.

If you opted to add **chicken tenders**, pat dry with paper towels. On a separate cutting board, cut **each tender** in half. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook, turning occasionally, until golden-brown and cooked through, 5-6 min.** Transfer to a plate. Use the same pan to cook **bacon**, then proceed with remaining instructions as written.

6



Finish and serve

- Divide **salad** and **eggs** between plates.
- Drizzle **DIY ranch dressing** over top.
- Sprinkle with **feta** and **pepitas**.

Divide **chicken** between final plates.

Dinner Solved!