



Carb Smart Cobb Salad

with DIY Ranch Dressing

Carb Smart Quick 20 Minutes



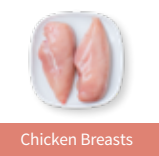
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CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Bacon Strips



Chicken Breasts



Baby Spinach



Tomato



Feta Cheese, crumbled



Gala Apple



Pepitas



Egg



White Wine Vinegar



Dried Cranberries



Sour Cream



Mayonnaise



Garlic Salt

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, tongs, 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 Breasts*	2	4
Baby Spinach	113 g	227 g
Tomato	1	2
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, pork and chicken to minimum internal temperatures of 74°C/165°F, 71°C/160°F and 74°C/165°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 for 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



Toss salad

- Add **remaining vinegar** to the bowl with **reserved bacon fat**. Season with **salt** and **pepper**, then whisk to combine.
- When **bacon** is cool enough to handle, crumble or roughly chop into bite-sized pieces.
- Add **bacon, apples, tomatoes, dried cranberries** and **spinach** to the large bowl with **dressing**, then toss to combine.

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.

If you added **chicken**, heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.** Set aside to rest, 5 min. Drain fat from pan, then reuse the pan to cook **bacon** as instructed.

5



Finish and serve

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

Thinly slice **chicken**. Top final plates with **chicken**.

Dinner Solved!

3



Cook bacon

- Heat a large non-stick pan over medium heat.
- When hot, add **bacon**. Cook, flipping occasionally, until crispy, 5-7 min.**
- Remove from heat. Using tongs, 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.