

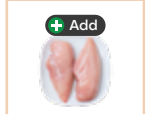


# Carb Smart Cobb Salad

with DIY Creamy Dressing

Smart Meal

20-min



Chicken Breasts  
2 | 4

↗ Custom Recipe

+ 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](https://www.hellofresh.ca)



Bacon Strips  
100 g | 200 g



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

**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.

1



### Boil eggs

• Before starting, wash and dry all produce.

- 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 large 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 dressing

- Meanwhile, core, then cut **apple** into ¼-inch slices.
- Cut **tomato** into ¼-inch pieces. Season with **salt**.
- 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



### Finish and serve

- **+ Add | Chicken Breasts**
- Divide **salad** and **eggs** between plates.
- Drizzle **DIY creamy dressing** over top.
- Sprinkle with **feta** and **pepitas**.

3



### Cook bacon

- **+ Add | Chicken Breasts**
- Heat a large non-stick pan over medium heat.
- When the pan is 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.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Cook chicken

**+ Add | Chicken Breasts**

If you've opted to add **chicken breasts**, while the **eggs** are boiling, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.\*\* Transfer **chicken** to a cutting board, then carefully wipe the pan clean. Reuse the same pan to cook **bacon** as the recipe instructs.

### 5 | Finish and serve

**+ Add | Chicken Breasts**

Thinly slice, then top final plates 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 eggs, pork and chicken to minimum internal temperatures of 74°C/165°F, 71°C/160°F and 74°C/165°F, respectively.



Issue with your meal? Scan the QR code to share your feedback.