



Smart Bacon and Egg Kale Salad

with Warm Bacon Vinaigrette, Potatoes and Mushrooms

Calorie Smart

Carb Smart

35 Minutes



Bacon Strips



Maple Syrup



Dijon Mustard



Whole Grain Mustard



White Wine Vinegar



Shallot



Seasoned Salt



Red Potato



Mushrooms



Baby Kale



Cheddar Cheese, shredded



Hard Boiled Egg

HELLO BACON

The ultimate salty, smoky flavour booster!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, slotted spoon, large bowl, small bowl, whisk, large non-stick pan, paper towels, parchment paper

Ingredients

| | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Bacon Strips | 100 g | 200 g |
| Maple Syrup | 1 tbsp | 2 tbsp |
| Dijon Mustard | 1.5 tsp | 3 tsp |
| Whole Grain Mustard | 1 tbsp | 2 tbsp |
| White Wine Vinegar | 1 tbsp | 2 tbsp |
| Shallot | 25 g | 50 g |
| Seasoned Salt | ½ tbsp | 1 tbsp |
| Red Potato | 300 g | 600 g |
| Mushrooms | 113 g | 227 g |
| Baby Kale | 113 g | 226 g |
| Cheddar Cheese, shredded | ¼ cup | ½ cup |
| Hard Boiled Egg | 2 | 4 |
| Oil* | | |
| Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

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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Cook bacon

- Cut **bacon** crosswise into ¼-inch pieces.
- Add **bacon** to a cold, large non-stick pan. Cook over medium-high, stirring occasionally, until golden-brown and crispy, 6-8 min.**
- Remove the pan from heat.
- Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.
- Carefully transfer **1 ½ tbsp bacon fat** (dbl for 4 ppl) to a small heat-proof bowl. (NOTE: If there's more than 1 ½ tbsp fat [3 tbsp for 4 ppl], leave remaining in the pan.)



Cook mushrooms

- Heat the same pan (from step 1) over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **mushrooms**. (NOTE: If there is reserved bacon fat in the pan, add enough oil to make up ½ tbsp fat [dbl for 4 ppl].)
- Cook, stirring occasionally, until **mushrooms** are golden-brown, 4-5 min.
- Sprinkle with **some seasoned salt** and **pepper**, to taste.
- Transfer **mushrooms** to a plate.



Roast potatoes

- Meanwhile, cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **pepper** and **1 tsp seasoned salt** (dbl for 4 ppl), then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.



Make warm vinaigrette

- Return the same pan to medium-high.
- When hot, add **1 ½ tbsp reserved bacon fat** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until fragrant, 30 sec.
- Carefully transfer **bacon fat and shallots** to the large bowl with **vinaigrette base**.
- Sprinkle with **some seasoned salt** and **pepper**, to taste, then whisk to combine.



Prep and make vinaigrette base

- Meanwhile, on a clean cutting board, quarter **mushrooms**.
- Peel, then cut **half the shallot** into ¼-inch pieces (whole shallot for 4 ppl).
- Peel, then quarter **eggs**.
- Whisk together **Dijon**, **whole grain mustard**, **vinegar** and **half the maple syrup** (use all for 4 ppl) in a large heat-proof bowl.



Finish and serve

- Add **potatoes**, **mushrooms**, **kale** and **half the bacon** to the bowl with **warm vinaigrette**, then toss to combine.
- Divide **salad** between plates.
- Sprinkle **cheese** and **remaining bacon** over top.
- Top with **eggs**.

Dinner Solved!