

# Smart Bacon and Egg Spinach Salad

with Warm Bacon Vinaigrette and Mushrooms

Calorie Smart

Carb Smart

30 Minutes









Bacon Strips

Maple Syrup





Garlic, cloves

Whole Grain Mustard





White Wine Vinegar





Shallot

Mushrooms

**Baby Spinach** 





Cheddar Cheese,

shredded

Hard Boiled Egg



Ciabatta Roll

## Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredie

#### **Bust out**

Baking sheet, measuring spoons, large bowl, small bowl, whisk, large non-stick pan, paper towels, tongs

# Ingredients

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	2 Person	4 Person
Bacon Strips	100 g	200 g
Maple Syrup	1 tbsp	2 tbsp
Garlic, cloves	1	2
Whole Grain Mustard	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Shallot	25 g	50 g
Mushrooms	113 g	227 g
Baby Spinach	113 g	227 g
Cheddar Cheese, shredded	1/4 cup	½ cup
Hard Boiled Egg	2	4
Ciabatta Roll	1	2
Salt and 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.



#### Cook bacon

- Arrange bacon strips in a single layer on an unlined baking sheet.
- Roast **bacon** in the **top** of the oven, flipping halfway through, until golden-brown and cooked through, 12-14 min.\*\*
- Using tongs, transfer **bacon** to a paper towel-lined plate.
- Carefully transfer **all but ½ tbsp** (1 tbsp) **bacon fat** to a small heat-proof bowl. Reserve **remaining bacon fat** on the baking sheet.



## Prep and make vinaigrette base

- Meanwhile, tear or cut ciabatta into
  1-inch pieces.
- Quarter mushrooms.
- Peel, then mince or grate garlic.
- Peel, then cut **half the shallot** into ¼-inch pieces (whole shallot for 4 ppl).
- Peel eggs.
- Whisk together **mustard**, **vinegar** and **half the maple syrup** (use all for 4 ppl) in a large heat-proof bowl.



#### Toast croutons

- Add ciabatta to the baking sheet with reserved bacon fat. Season with salt and pepper, then toss to coat.
- Toast in the **middle** of the oven, tossing halfway through, until golden-brown, 8-10 min.



#### Cook mushrooms

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) reserved bacon fat, then mushrooms. Cook, stirring occasionally, until mushrooms are goldenbrown, 4-5 min.
- Add half the garlic, then season with salt and pepper, to taste. Cook, stirring often, until fragrant, 30 sec.
- Transfer **mushrooms** to a plate.



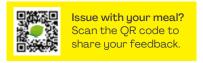
### Make warm vinaigrette

- Return the same pan to medium-high.
- When hot, add **1 tbsp** (1 ½ tbsp) **bacon fat**, then **shallots**. Cook, stirring often, until fragrant, 30 sec.
- Remove the pan from heat, then add remaining garlic. Cook, stirring often, until fragrant, 30 sec.
- Carefully transfer **bacon fat** and **shallots** to the large bowl with **vinaigrette base**. Season with **salt** and **pepper**, to taste, then whisk to combine.



### Finish and serve

- Quarter **eggs** lengthwise, then season with a **pinch of salt** and **pepper**, to taste.
- Chop **bacon** into ½-inch pieces.
- Add mushrooms, spinach, half the croutons 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** and **remaining croutons**.



**Dinner Solved!**