



# Smart Bacon and Egg Spinach Salad

with Warm Bacon Vinaigrette and Mushrooms

Calorie Smart

Carb Smart

30 Minutes



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Bacon Strips



Maple Syrup



Garlic, cloves



Whole Grain Mustard



White Wine Vinegar



Shallot



Mushrooms



Baby Spinach



Cheddar Cheese,  
shredded



Hard Boiled Egg



Ciabatta Roll

HELLO BACON

*The ultimate salty, smoky flavour booster!*

## Start here

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

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

## Bust out

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

## Ingredients

	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	¼ 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.



### 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 golden-brown, 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.



### 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.



### 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.



### 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.



### 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**.



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Dinner Solved!