



# Smart Bacon and Egg Spinach Salad

with Warm Bacon Vinaigrette and Mushrooms

Carb Smart    Calorie 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 heat-proof bowl, small heat-proof bowl, whisk, large non-stick pan, paper towels

## 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.

## 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. Keep **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** from the small bowl, 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** (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) **reserved bacon fat**, then **shallots**. Cook, stirring often, until fragrant, 30 sec.
- Remove 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 **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!