



AUTUMN BACON SALAD

with Apples, Brussels Sprouts and DIY Croutons



HELLO

DIY CROUTONS

An easy way to add some heartiness and crunch to salads

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 823



Double-Smoked Bacon



Brussels Sprouts



Demi-Baguette 6"



Gala Apple



Dijon Mustard



Balsamic Vinegar



Honey



Parmesan, shredded



Spring Mix

BUST OUT

- 2 Baking Sheets
- Whisk
- Large Pan
- Salt and Pepper
- Large Bowl
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Double-Smoked Bacon 1 pkg | 2 pkg
- Brussels Sprouts 1 pkg (340 g) | 2 pkg (680 g)
- Demi-Baguette 6" 1 | 2
- Gala Apple 1 | 2
- Dijon Mustard 6,9 1 pkg (1 ½ tsp) | 2 pkg (3 tsp)
- Balsamic Vinegar 9 1 bottle (2 tbsp) | 2 bottle (4 tbsp)
- Honey 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Parmesan, shredded 2 1 pkg (28 g) | 2 pkg (56 g)
- Spring Mix 1 pkg (113 g) | 2 pkg (227 g)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

START STRONG

Preheat the oven to **400°F** (to roast the Brussels sprouts and toast the croutons). Start prepping when the oven comes up to temperature!



1 ROAST BRUSSELS SPROUTS

Wash and dry all produce.* Cut the **Brussels sprouts** in half (or into quarters if they are large). On a baking sheet, toss the Brussels sprouts with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.



4 MAKE SALAD

Meanwhile, cut the **apple(s)** into ½-inch cubes. In a large bowl, whisk together the **mustard, vinegar, honey** and a drizzle of **oil**. Season with **salt** and **pepper**. Add the apple, **Parmesan** and **spring mix**. Toss to combine.



2 MAKE CROUTONS

Meanwhile, cut the **baguette(s)** into ½-inch cubes. On another baking sheet, toss the **bread cubes** with a drizzle of **oil**. Toast in the centre of the oven, stirring halfway through toasting, until golden-brown, 8-10 min.



5 FINISH AND SERVE

Add the **bacon, Brussels sprouts** and **croutons** into the **salad**. Toss to combine. Divide the salad between plates.



3 COOK BACON

Meanwhile, cut the **bacon** into ½-inch cubes. Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the bacon. Cook, stirring occasionally until golden and crispy, 5-6 min. Transfer to a paper towel-lined plate.

CRUNCHY!

Make your own croutons again to jazz up other salads.