



Roast Potato, Bacon and Crispy Kale Salad with Honey and Almonds

CLASSIC 40 Minutes • 2 of your 5 a day

N° 6



Potato



Red Onion



Carrot



Garlic Clove



Plain Flour



Ground Cumin



Honey



Flaked Almonds



Bacon Lardons



Balsamic Vinegar



Kale

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Two Baking Trays, Large Saucepan, Fine Grater (or Garlic Press), Colander and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	1	2
Carrot**	2	3	4
Garlic Clove**	1 clove	2 cloves	2 cloves
Plain Flour 13)	8g	8g	16g
Ground Cumin	1 small pot	1 large pot	1 large pot
Honey	2 sachets	3 sachets	4 sachets
Flaked Almonds 2)	1 small pot	1 large pot	2 small pots
Bacon Lardons**	90g	150g	180g
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Kale**	1 small bag	¾ large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	536g	100g
Energy (kJ/kcal)	2134 /510	398 /95
Fat (g)	18	3
Sat. Fat (g)	4	1
Carbohydrate (g)	72	13
Sugars (g)	26	5
Protein (g)	18	3
Salt (g)	1.33	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Started

Preheat your oven to 220°C. Pour a glug of **oil** onto a baking tray and pop in your oven. **TIP: Heating up the baking tray and oil = crispy potatoes!** Bring a large saucepan of **water** to the boil on high heat with ½ tsp of **salt**. Peel the **potatoes**, chop them into 3cm chunks. Add the **potatoes** to the boiling **water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife.



4. Roast the Veggies

Roast the **potatoes** on the top shelf of your oven for 30-40 mins, turning halfway through. Next, pop the **carrots** and **onion** onto a separate baking tray, drizzle with **oil**, a pinch of **salt** and **pepper**, the **cumin** and **half** the **honey**. Toss to coat, roast on the middle shelf of your oven for 20-25 mins.



2. Finish and Prep

Meanwhile, halve and peel the **red onion**. Chop each half into 4 pieces. Trim the **carrot**, Halve lengthways then chop each strip lengthways into 3 strips. Chop into batons. Peel and grate the **garlic** (or use a garlic press).



5. Toast and Fry

Meanwhile, heat a saucepan on medium-high heat (no oil). When hot, add the **almonds**, toast until golden, 2-3 mins. Turn frequently and watch them like a hawk! Transfer to a bowl. Pop your pan back on medium-high heat. Add a drizzle of **oil** and the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT: Cook the bacon lardons throughout.** Add the **garlic**, cook for 1 minute more. Remove from the heat. Add the **balsamic vinegar**, remaining **honey** and a drizzle of **oil**. Stir together.



3. Fluff it UP

Once the **potatoes** are ready, drain them in a colander, pop them back in the pan, then sprinkle on the **flour**. Give your pan a shake to fluff up the **potato**. **TIP: Doing this gives your potato edges more surface area, so they'll be crispier.** Take your hot baking tray out of your oven, gently tip the **potatoes** onto it in a single layer - careful not to burn yourself on any hot oil. Season with **salt** and turn the **potatoes** in the **oil**.



6. Finish and Serve

Once the **carrots** and **onion** are soft, remove from the oven, lay the **kale** on top, drizzle with **oil**, a pinch of **salt** and **pepper**. Bake until crispy, 4-5 mins then remove from the oven. Add the **roast potatoes** to the **veg** along with the **lardons** and **dressing**. Toss together, then serve in bowls. Sprinkle over the **toasted almonds**.

Enjoy!