



Roasted Pepper, Mozzarella and Bacon Salad with Ciabatta Croutons and Balsamic Dressing

Calorie Smart 30 Minutes • 1 of your 5 a day • Under 600 calories



-  Bell Pepper
-  Streaky Bacon
-  Ciabatta
-  Medium Tomato
-  Balsamic Vinegar
-  Mozzarella
-  Rocket

Before you start

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

Cooking tools, you will need:

Baking Tray and Bowl.

Ingredients

	2P	3P	4P
Bell Pepper***	2	3	4
Streaky Bacon**	4 rashers	6 rashers	8 rashers
Ciabatta 11) 13)	2	3	4
Medium Tomato**	1	2	3
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mozzarella** 7)	1 ball	1½ balls	2 balls
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	418g	100g
Energy (kJ/kcal)	2449 /585	587 /140
Fat (g)	28	7
Sat. Fat (g)	13	3
Carbohydrate (g)	53	13
Sugars (g)	13	3
Protein (g)	28	7
Salt (g)	1.84	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Started

Preheat your oven to 200°C. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Pop the **peppers** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast on the top shelf of your oven until golden brown and softened, 15-18 mins. Turn halfway through cooking.



Bake

Meanwhile, lay the **bacon** in a single layer onto half of a lined baking tray. Tear the **ciabatta** into roughly 2cm chunks. Pop the **ciabatta** onto the other half of the baking tray, drizzle with **olive oil** and season with **salt** and **pepper**. Bake on the middle shelf of your oven until golden brown and crispy, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook the **bacon** thoroughly.



Tomato Prep

Chop the **tomato(es)** into 1cm pieces. Sprinkle with a pinch of **salt** (this will make them taste even better).



Dressing Time

In a large bowl, mix the **balsamic vinegar**, **olive oil** (see ingredients for amount) together and season with **salt** and **pepper**. Set your **dressing** aside.



Finish Up

Once your **peppers** and **ciabatta** are ready, remove from the oven and leave to cool slightly. Drain the **mozzarella** then tear into bite-sized chunks.



Serve

When everything is ready, add the **peppers**, **rocket**, **tomatoes** and **ciabatta croutons** to the bowl with the **dressing**. Toss to coat then divide between plates. Top with the **mozzarella** and the **bacon**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.