



Smart Bacon and Egg Spinach Salad

with Warm Bacon Vinaigrette, Potatoes and Mushrooms

Carb Smart

Calorie Smart

35 Minutes



Bacon Strips



Maple Syrup



Garlic, cloves



Whole Grain Mustard



White Wine Vinegar



Shallot



BBQ Seasoning



Red Potato



Mushrooms



Baby Spinach



Cheddar Cheese, shredded



Hard Boiled Egg

HELLO BACON

The ultimate salty, smoky flavour booster!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, slotted spoon, large bowl, parchment paper, small 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
BBQ Seasoning	½ tbsp	1 tbsp
Red Potato	300 g	600 g
Mushrooms	113 g	227 g
Baby Spinach	113 g	227 g
Cheddar Cheese, shredded	¼ cup	½ cup
Hard Boiled Egg	2	4
Oil*		
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.

Contact

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Cook bacon

- Cut **bacon** crosswise into ¼-inch pieces.
- Add **bacon** to a cold, large non-stick pan. Cook over medium-high heat, stirring occasionally, until golden-brown and crispy, 6-8 min.**
- Remove the pan from heat.
- Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.
- Carefully transfer **1 ½ tbsp bacon fat** (dbl for 4 ppl) to a small heat-proof bowl. (**NOTE:** If there's more than 1 ½ tbsp fat [3 tbsp for 4 ppl], leave ½ tbsp bacon fat [1 tbsp for 4 ppl] in the pan, then discard any remaining.)



Cook mushrooms

- Heat the same pan (from step 1) over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **mushrooms**. (**NOTE:** If there is reserved bacon fat in the pan, add enough oil to make up ½ tbsp fat [dbl for 4 ppl].)
- 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.



Roast potatoes

- Meanwhile, cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt, pepper** and **half the BBQ Seasoning** (use all for 4 ppl), then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min.



Make warm vinaigrette

- Return the same pan to medium-high.
- When hot, add **1 ½ tbsp reserved bacon fat** (dbl for 4 ppl), 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.



Prep and make vinaigrette base

- Meanwhile, on a clean cutting board, 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.



Finish and serve

- Quarter **eggs** lengthwise, then season with **a pinch of salt and pepper**, to taste.
- Add **potatoes, mushrooms, spinach** 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**.

Dinner Solved!