



Roast Potato, Bacon and Crispy Kale Salad with Honey and Balsamic Glaze

25

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Red Onion



Carrot



Garlic Clove



Ground Cumin



Honey



Bacon Lardons



Balsamic Glaze



Chopped Kale



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion**	1	1	2
Carrot**	2	3	4
Garlic Clove**	1	2	2
Ground Cumin	1 sachet	1 sachet	2 sachets
Honey	30g	45g	60g
Bacon Lardons**	90g	150g	180g
Balsamic Glaze 14	12ml	24ml	24ml
Chopped Kale**	100g	150g	200g
Diced Chicken Breast**	260g	390g	520g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	526g	100g	656g	100g
Energy (kJ/kcal)	1797 /429	341 /82	2444 /584	373 /89
Fat (g)	11.5	2.2	13.9	2.1
Sat. Fat (g)	3.3	0.6	3.9	0.6
Carbohydrate (g)	70.4	13.4	70.6	10.8
Sugars (g)	28.5	5.4	28.6	4.4
Protein (g)	16.3	3.1	47.7	7.3
Salt (g)	1.64	0.31	1.83	0.28

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Prep the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **potatoes** into 3cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf for 20 mins - you'll roast them for longer once they've been crushed.



Get Smashing

When the **potatoes** have cooked for 20 mins, remove them from the oven.

Use the bottom of a bowl or pan to lightly crush each **potato chunk**.

Return to the top shelf of your oven until crispy and golden, 10-15 mins.

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat.



Chop and Grate

Meanwhile, halve and peel the **red onion**. Chop each half into 4 wedges.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Peel and grate the **garlic** (or use a garlic press).



Bring on the Bacon

Once the **oil** is hot, add the **bacon lardons** and stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

Add the **garlic**, cook for 1 min more, then remove from the heat. Stir through the **balsamic glaze** and remaining **honey**, then transfer to a bowl for later.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **bacon** and cook for 4-5 mins, then add the **bacon** and continue as instructed. Transfer both to a bowl for later. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Roast the Veg

Pop the **carrots** and **onion** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle with the **cumin** and **half the honey**.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Toss to coat, then spread out in a single layer.

Roast on the middle shelf of your oven until golden, 20-25 mins. Turn halfway through.



Finish and Serve

Once the **carrots** and **onion** are cooked, remove from the oven. Lay the **kale** on top, then drizzle with **oil** and season with **salt** and **pepper**. Bake until crispy, 5-7 mins.

When ready, toss together the **smashed potatoes**, **roasted veg**, **lardons** and **sticky pan juices** on one baking tray, then share the **salad** between your bowls.

Enjoy!