



Creamy Pesto Dressed Bacon and Potato Salad with Green Beans and Iceberg Lettuce

25

Calorie Smart 40-45 Minutes • 3 of your 5 a day • Under 650 Calories



Potatoes



Medium Tomato



Green Beans



Iceberg Lettuce



Bacon Lardons



Fresh Pesto



Mayonnaise

Pantry Items
Oil, Salt, Pepper, Olive Oil

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, bowl, frying pan, lid and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Medium Tomato	2	3	4
Green Beans**	150g	200g	300g
Iceberg Lettuce**	1	2	2
Bacon Lardons**	90g	120g	180g
Fresh Pesto** 7)	32g	64g	96g
Mayonnaise 8) 9)	64g	96g	128g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2174 /520	365 /87
Fat (g)	29.0	4.9
Sat. Fat (g)	5.5	0.9
Carbohydrate (g)	51.3	8.6
Sugars (g)	9.8	1.6
Protein (g)	15.7	2.6
Salt (g)	2.33	0.39

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

7) Milk 8) Egg 9) Mustard

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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Start 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 them 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 you've crushed them.



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**.

Drizzle the **smashed potatoes** with more **oil**, and return to the top shelf until crispy and golden, 10-15 mins, then remove from the oven.



Prep Time

Meanwhile, cut the **tomatoes** into 2cm pieces.

Add the **olive oil for the dressing** (see pantry for amount) to a large bowl. Season with **salt** and **pepper**, then mix well. Stir the **tomatoes** into the **dressing**, then set aside.

Trim and halve the **green beans**. Trim the **iceberg lettuce**, separate the leaves, then tear into bite-sized pieces.



Cook the Beans

Meanwhile, pop your frying pan with the **bacon fat** back on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins.

Once cooked, add the **beans** to your bowl of **tomatoes** along with the **pesto** and **mayo**. Gently mix together until everything is combined.



Bring on the Bacon

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

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

Once cooked, transfer the **lardons** to a small bowl and set aside the pan, keeping the **bacon fat**.



Finish and Serve

Add the **lettuce** and **smashed potatoes** to the bowl of **dressed veg** and toss to coat.

Share the **salad** between your bowls and sprinkle over the **crispy lardons** to finish.

Enjoy!

