



BLT Inspired Summer Salad with Avocado and Smoky Aioli Dressing

Classic 30-35 Minutes • 3 of your 5 a day

8



Potatoes



Dried Oregano



Garlic Clove



Baby Gem Lettuce



Avocado



Medium Tomato



Lemon



Streaky Bacon



Mayonnaise



Smoked Paprika



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your 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, aluminium foil, frying pan, kitchen scissors and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	2 sachets	2 sachets
Garlic Clove**	2	3	4
Baby Gem Lettuce**	1	2	2
Avocado	1	2	2
Medium Tomato	2	3	4
Lemon	1	1	2
Streaky Bacon**	6 rashers	10 rashers	12 rashers
Mayonnaise 8) 9)	64g	96g	128g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	607g	100g	737g	100g
Energy (kJ/kcal)	2530 /605	417 /100	3178 /759	431 /103
Fat (g)	34.6	5.7	36.9	5.0
Sat. Fat (g)	8.3	1.4	8.9	1.2
Carbohydrate (g)	62.6	10.3	62.7	8.5
Sugars (g)	17.1	2.8	17.2	2.3
Protein (g)	17.2	2.8	48.6	6.6
Salt (g)	2.43	0.40	2.63	0.36

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried oregano** and season with **salt** and **pepper**. 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 until golden, 25-30 mins. Turn halfway through.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, pop it onto another baking tray, drizzle with **oil** and season. Roast the **potatoes** on the middle shelf for 30-35 mins and the **chicken** on the top until cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Sizzle the Bacon

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

Once hot, lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side. Drizzle over the **honey** (see pantry for amount), then turn the **bacon rashers** to coat. Remove the pan from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Roast the Garlic

While the **potatoes** cook, pop the **garlic cloves** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add the **garlic parcel** to the **potato** baking tray to roast until soft, 10-12 mins.



Dress to Impress

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin into a large bowl and mash with a fork.

Add the **mayo**, some **lemon juice**, **smoked paprika** and the **sugar for the dressing** (see pantry for amount) to the bowl. Season with **salt** and **pepper** and mix well. Taste and add more **lemon juice**, **salt** and **pepper** if needed.



Prep the Veg

Meanwhile, trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 2cm chunks.

Cut the **tomatoes** into 2cm chunks. Halve the **lemon**.



Assemble and Serve

When everything's ready, add the **roasted potatoes**, **baby gem**, **tomatoes** and **avocado chunks** to the **smoky aioli dressing** and toss to coat.

Share the **salad** between your serving plates and top with the **honey bacon rashers**.

Enjoy!