



# Creamy Honey Bacon, Potato and Baby Gem Salad with Ciabatta Croutons and Italian Style Cheese

27

Calorie Smart 30-35 Minutes • 1 of your 5 a day • Under 650 Calories



Potatoes



Mayonnaise



Wholegrain Mustard



Cider Vinegar



Grated Hard Italian Style Cheese



Honey



Medium Tomato



Baby Gem Lettuce



Ciabatta



Bacon Lardons

**Pantry Items**  
Oil, Salt, Pepper

## 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mayonnaise <b>8</b> <b>9</b> )	64g	96g	128g
Wholegrain Mustard <b>9</b> )	17g	25g	34g
Cider Vinegar <b>14</b> )	15ml	22ml	30ml
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b> )	20g	40g	40g
Honey	30g	45g	60g
Medium Tomato	2	3	4
Baby Gem Lettuce**	1	2	2
Ciabatta <b>13</b> )	1	2	2
Bacon Lardons**	90g	150g	180g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2455 /587	452 /108
Fat (g)	23.4	4.3
Sat. Fat (g)	5.6	1.0
Carbohydrate (g)	78.6	14.5
Sugars (g)	19.4	3.6
Protein (g)	20.9	3.9
Salt (g)	2.99	0.55

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 **13)** Cereals containing gluten  
**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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The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Roast the Potatoes

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**, 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 until golden, 25-35 mins. Turn halfway through.



## Fry the Bacon

Meanwhile, 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, then remove from the heat.

Stir the remaining **honey** through the **cooked bacon**. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Get Prepped

Meanwhile, in a large bowl, combine the **mayonnaise**, **wholegrain mustard** (use less if you'd prefer things milder), **cider vinegar**, **hard Italian style cheese** and **half the honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Cut the **tomatoes** into 2cm chunks and toss through the **dressing**. Set aside.

Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces - you'll add it to the **dressing** later.



## Toss the Salad

When everything's ready, add the **baby gem**, **roasted potatoes** and **croutons** to the large bowl of **dressing** and **tomatoes**. Toss to coat.

Taste and season with **salt** and **pepper** if needed.



## Crouton Time

Tear the **ciabatta** into roughly 2cm chunks. Pop the **ciabatta** onto another baking tray in a single layer.

Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Bake the **croutons** on the middle shelf until golden, 8-10 mins.



## Serve Up

Share the **creamy potato salad** between your serving bowls.

Scatter over the **honeyed bacon** to finish.

## Enjoy!



WeightWatchers