



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

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

26



Potatoes



Red Onion



Carrot



Garlic Clove



Honey



Ground Cumin



Chopped Kale



Bacon Lardons



Balsamic Glaze



Pumpkin Seeds

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, 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
Honey	30g	45g	60g
Ground Cumin	1 sachet	1 sachet	2 sachets
Chopped Kale**	100g	150g	200g
Bacon Lardons**	90g	150g	180g
Balsamic Glaze 14)	12ml	24ml	24ml
Pumpkin Seeds	25g	25g	50g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	538g	100g
Energy (kJ/kcal)	2167/518	403/96
Fat (g)	17	3.2
Sat. Fat (g)	4.1	0.8
Carbohydrate (g)	76.5	14.2
Sugars (g)	28.9	5.4
Protein (g)	18.9	3.5
Salt (g)	1.44	0.27

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

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, cereals containing 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.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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**.

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

When ready, remove the **carrot** and **onion** tray from the oven. Lay the **kale** on top of them, drizzle with a bit more **oil**. Return the tray to the oven and bake until the **kale** is crispy, 4-6 mins more.



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

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

Once 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**.



Roast the Veg

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

When ready, toss together the **smashed potatoes**, **roasted veg**, **lardons** and **sticky pan juices** in your largest baking tray.

Share the **salad** between your bowls. Scatter over the **pumpkin seeds** to finish.

Enjoy!