



Bacon Loaded Garlicky Greens with Sugar Snap Peas, Green Beans and Peas

Special Sides 20-25 Minutes • 2 of your 5 a day

6A

Find all your unchilled Market items in bag A.



Garlic Clove



Green Beans



Echalion Shallot



Bacon Lardons



Sugar Snap Peas



Peas

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

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

Cooking tools

Garlic press, frying pan and lid.

Ingredients

Ingredients	Quantity
Garlic Clove**	2
Green Beans**	80g
Echalion Shallot**	1
Bacon Lardons**	60g
Sugar Snap Peas**	80g
Peas**	120g

Pantry	Quantity
Sugar*	1 tsp
Butter*	3 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	715/171	337/81
Fat (g)	6.9	3.3
Sat. Fat (g)	2.1	1.0
Carbohydrate (g)	17.5	8.3
Sugars (g)	11.4	5.4
Protein (g)	11.6	5.4
Salt (g)	0.84	0.40

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

Allergens

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. Be careful when adding water to hot pans while cooking.

Contact

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1



Bring on the Bacon

a) Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**. Halve, peel and thinly slice the **shallot**.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **bacon lardons**. Stir-fry, 2-3 mins.

c) Add the **shallot** to the frying pan, season generously with **salt** and **pepper**, then fry for a further 2 mins, until the **bacon** is golden. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

2



Let's Get Green

a) Add the **sugar snap peas**, **green beans** and **peas** to the pan, then stir-fry for 2-3 mins.

b) Stir in the **garlic** and **sugar** (see pantry for amount), then turn the heat down to medium and cook for 1 min.

c) Add a splash of **water** and immediately cover with a lid or some foil.

3



Finish and Serve

a) Cook until the **greens** are tender and the **bacon** is fully cooked, 4-5 mins.

b) Add the **butter** (see pantry for amount) and stir until the **butter** is melted and fully coats the **greens**. Transfer to a serving dish to finish.

Enjoy!