



# Cheesy Breaded Bacon & Asparagus Side Dish with a Herby Breadcrumb Topping

Special Sides 15-20 Minutes • 1 of your 5 a day

6A

Find all your unchilled Market items in bag A.



Asparagus



Smoked British Bacon Lardons



Garlic Clove



Grated Hard Italian Style Cheese



Breadcrumbs



Mixed Herbs

**Pantry Items**

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, garlic press and bowl.

## Ingredients

Ingredients	Quantity
Asparagus**	200g
Smoked British Bacon Lardons**	60g
Garlic Clove**	1
Grated Hard Italian Style Cheese** 7) 8)	20g
Breadcrumbs 13)	25g
Mixed Herbs	1 sachet

Pantry	Quantity
Olive Oil*	1 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	159g	100g
Energy (kJ/kcal)	951/227	597/143
Fat (g)	13.5	8.5
Sat. Fat (g)	4.5	2.8
Carbohydrate (g)	13.5	8.5
Sugars (g)	2.1	1.3
Protein (g)	12.7	7.9
Salt (g)	2.32	1.46

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

## Allergens

7) Milk 8) Egg 13) Cereals containing gluten

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, mollusc, 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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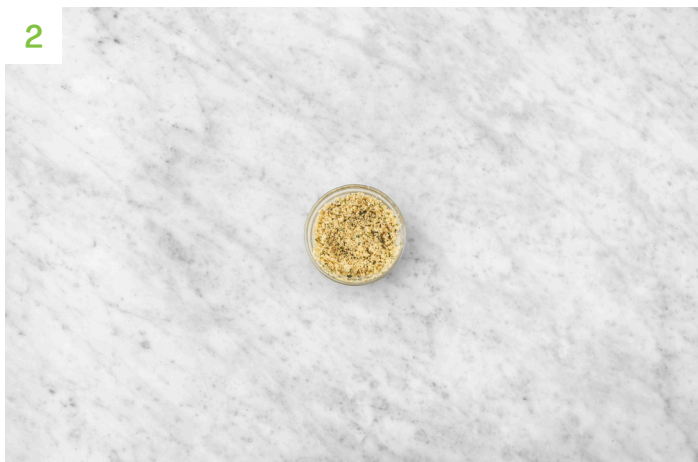
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## Into the Oven

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the bottom 2cm from the **asparagus** and discard.
- Pop the **asparagus** and **bacon lardons** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until tender, 12-15 mins.  
**IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** thoroughly.

## Prep the Breadcrumb Topping

- Peel and grate the **garlic** (or use a garlic press).
- In a small bowl, combine the **garlic**, **grated hard Italian style cheese**, **breadcrumbs**, **mixed herbs** and **olive oil** (see pantry for amount).

## Finish and Serve

- When the **asparagus** and **bacon** have been in the oven for 2-5 mins, sprinkle over the **cheesy herby breadcrumbs** and return to the oven for the remaining time, until crispy and golden.
- Once baked, transfer to your serving dish to finish.

Enjoy!