



Californian Style Bacon & Avocado Sunshine Salad

with Charred Sweetcorn, Greek Style Cheese and Croutons

25

Calorie Smart

25-30 Minutes • 2 of your 5 a day • Under 650 Calories



Ciabatta



British Smoked Bacon Lardons



Sweetcorn



Medium Tomato



Greek Style Salad Cheese



Avocado



Cider Vinegar



Baby Leaf Mix

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TRIP TO NEW YORK



SMEG KITCHENWARE



INSTANT WINS



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Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

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, sieve, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Ciabatta**** 13	1	1½	2
British Smoked Bacon Lardons**	60g	90g	120g
Sweetcorn	160g	240g	340g
Medium Tomato	2	3	4
Greek Style Salad Cheese** 7)	50g	100g	100g
Avocado	1	2	2
Cider Vinegar 14)	30ml	45ml	60ml
Baby Leaf Mix**	50g	75g	100g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp
Mayonnaise*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge ****Please use the ciabatta within 2 days from the delivery day

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	390g	100g
Energy (kJ/kcal)	2315/553	594/142
Fat (g)	39.1	10.0
Sat. Fat (g)	10.0	2.6
Carbohydrate (g)	33.9	8.7
Sugars (g)	8.5	2.2
Protein (g)	16.5	4.2
Salt (g)	2.25	0.58

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

Allergens

7) Milk **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, 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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Make your Croutons

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

Tear the **ciabatta** into roughly 2cm chunks and pop onto a medium baking tray.

Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well. Spread out in a single layer.

Bake the **croutons** on the top shelf of the oven until golden, 8-10 mins, then remove from the oven and set aside.



Bake the Bacon

Meanwhile, add the **lardons** to another medium baking tray.

Pop into the middle shelf of the oven and roast until golden, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

Once cooked, set aside until ready to serve.



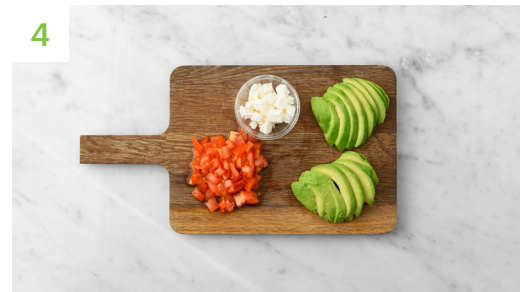
Char the Sweetcorn

While the **bacon** and **croutons** bake, drain the **sweetcorn** in a sieve.

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

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Once charred, remove from the heat.



Prep the Rest

Cut the **tomatoes** into 1cm pieces. Cut the **Greek style salad cheese** into 1cm cubes.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 1cm thick slices - you'll fan it out later.



Mix the Dressing

In a large bowl, combine the **sugar** and **olive oil for the dressing** (see pantry for both amounts) with the **cider vinegar**.

Season with **salt** and **pepper**, then mix together.



Serve your Sunshine Salad

When everything's ready, add **half** the **bacon lardons** to the bowl of **dressing**, along with the **baby leaves**, **tomatoes**, **sweetcorn**, **cheese** and **croutons**. Toss to coat.

Share the **salad** between your bowls. Scatter over the remaining **bacon** and fan out the **sliced avocado** on top.

Drizzle over the **mayo** (see pantry for amount - loosen with a splash of **water** first if needed) to finish.

Enjoy!

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