



BLT Side Salad

with Croutons, Ranch Dressing and Tomatoes

Special Sides 25-30 Minutes • 1 of your 5 a day

5A

Find all your unchilled Market items in bag A.



Ciabatta



Iceberg Lettuce



Chives



British Smoked Bacon Lardons



Baby Plum Tomatoes



Ranch Dressing

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, frying pan and bowl.

Ingredients

Ingredients	Quantity
Ciabatta 13)	1
British Smoked Bacon Lardons**	60g
Iceberg Lettuce**	1
Baby Plum Tomatoes	125g
Chives**	1 bunch
Ranch Dressing 7) 8) 9)	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	261g	100g
Energy (kJ/kcal)	1345/321	516/123
Fat (g)	20.7	7.9
Sat. Fat (g)	3.7	1.4
Carbohydrate (g)	24.7	9.5
Sugars (g)	4.0	1.5
Protein (g)	10.2	3.9
Salt (g)	1.65	0.63

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

Allergens

7) Milk **8)** Egg **9)** Mustard **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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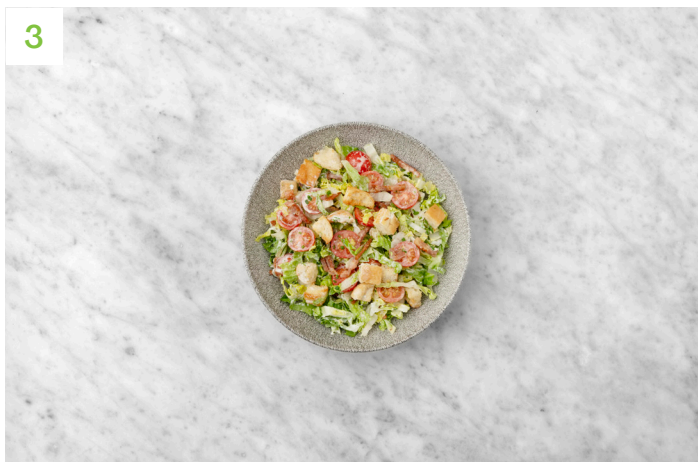
1



2



3



Make your Croutons

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Tear the **ciabatta** into roughly 2cm chunks.

b) Pop the **ciabatta chunks** onto a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.

c) When the oven is hot, bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside to cool, 5-10 mins.

Bring on the Bacon

a) 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. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

b) Once cooked, transfer to a medium bowl and allow to cool, 5-10 mins.

c) Meanwhile, halve the **iceberg lettuce** and thinly slice.

d) Halve the **baby plum tomatoes**.

e) Finely chop the **chives** (use scissors if easier).

Finish and Serve

a) Once the **bacon** has cooled, add the **ranch dressing**, **croutons**, **baby plum tomatoes**, **lettuce** and **half** the **chives** to the bowl of **bacon**, then toss to fully coat in the **dressing**.

b) Transfer the **dressed salad** into your serving dish and sprinkle over the remaining **chives** to finish.

Enjoy!