



Bacon, Goat's Cheese & Fig Jam Pan-Fried Panini with a Rocket Side Salad

Lunch 15-20 Minutes

14A

Find all your unchilled Market items in bag A.



British Streaky Bacon



Ciabatta



Goat's Cheese



Fig Jam



Wild Rocket

PAN-FRIED PANINI

These are the pan-fried instructions, but this recipe will be just as tasty in a panini press if you have one!

Pantry Items

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

Frying pan, kitchen paper and bowl.

Ingredients

Ingredients	Quantity
British Streaky Bacon**	6 rashers
Ciabatta 13)	2
Goat's Cheese** 7)	75g
Fig Jam	40g
Wild Rocket**	20g

Pantry	Quantity
Olive Oil for the Dressing*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	207g	100g
Energy (kJ/kcal)	2097 /501	1016 /243
Fat (g)	25.2	12.2
Sat. Fat (g)	11.5	5.6
Carbohydrate (g)	49.7	24.1
Sugars (g)	10.0	4.8
Protein (g)	21.2	10.3
Salt (g)	2.88	1.39

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

Allergens

7) Milk 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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Bring on the Bacon

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

b) Once hot, lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side. Transfer to a plate lined with kitchen paper. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

c) Meanwhile, halve the **ciabatta**.

d) Spread the **goat's cheese** over the **base** of each **ciabatta** and the **fig jam** over the **lids**.

Pan-Fry your Panini

a) Chop each **cooked rasher** of **bacon** in half widthways, then lay on top of the **goat's cheese** and sandwich shut with the **ciabatta lids**.

b) Wipe out your frying pan and return to medium-high heat with a drizzle of **oil**. Once hot, add the **panini**, pressing down with a spatula or heavy-bottomed pan.

c) Cook, pressing occasionally, until the **bread** is golden and toasted and the **cheese** has melted, 2-4 mins on each side.

Plate Up

a) In a small bowl, combine the **olive oil for the dressing** (see pantry amount) and the **rocket**. Season with **salt** and **pepper** and toss to coat.

b) Once cooked, slice your **panini** diagonally and share between 2 serving plates.

c) Serve with the **dressed rocket** alongside to finish.

Enjoy!