



# BLT Salad

with Avocado, Ciabatta Croutons and Italian Style Cheese

**Lunch** 15-20 Minutes • 2 of your 5 a day

13A

Find all your unchilled Market items in bag A.



British Streaky Bacon



Ciabatta



Baby Plum Tomatoes



Avocado



Iceberg Lettuce



Ranch Dressing



Grated Hard Italian Style Cheese

**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 paper, baking tray and bowl.

## Ingredients

Ingredients	Quantity
British Streaky Bacon**	8 rashers
Ciabatta <b>13)</b>	1
Baby Plum Tomatoes	125g
Avocado	1
Iceberg Lettuce**	1
Ranch Dressing <b>7) 8) 9)</b>	120g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	413g	100g
Energy (kJ/kcal)	3147 / 752	763 / 182
Fat (g)	61.0	14.8
Sat. Fat (g)	15.9	3.8
Carbohydrate (g)	26.4	6.4
Sugars (g)	4.5	1.1
Protein (g)	24.1	5.9
Salt (g)	3.62	0.88

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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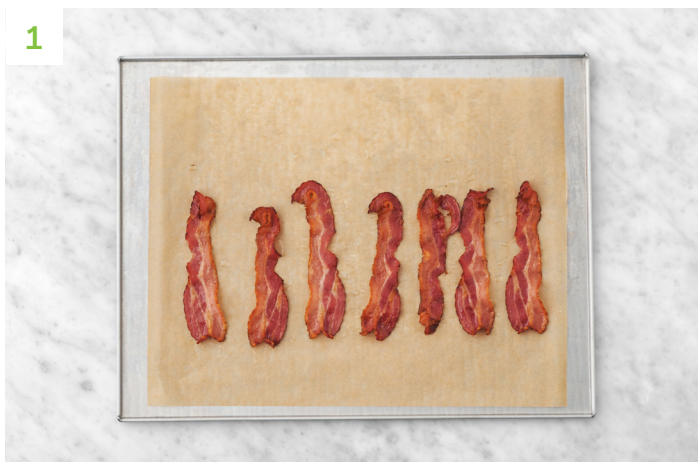
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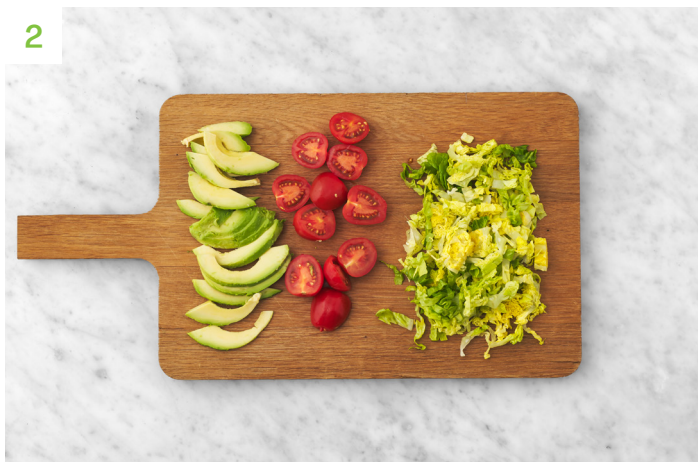
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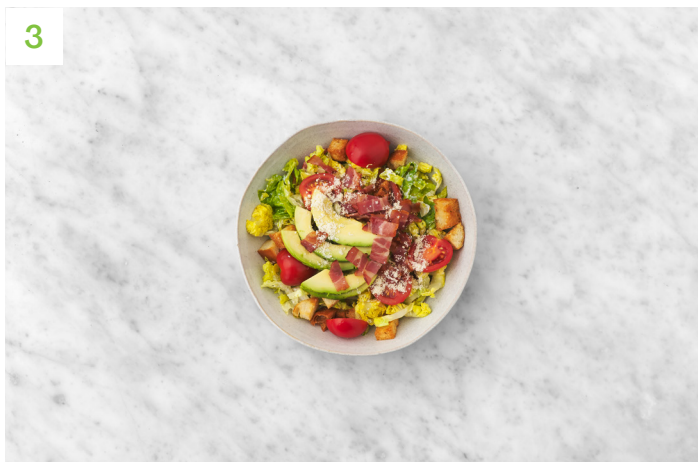
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2



3



## Bring on the Bacon

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

**b)** Lay the **bacon** in a single layer onto a lined baking tray and bake on the middle shelf of your oven until golden brown and crispy, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

**c)** Meanwhile, tear the **ciabatta** into roughly 2cm chunks. Pop the **ciabatta chunks** into a large bowl. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.

## Prep the Salad

**a)** When the **bacon** has 10 mins remaining in the oven, pop the **croutons** on the middle shelf of the oven until golden, 8-10 mins. Once cooked, remove both the **bacon** and **croutons** from the oven and set aside to cool, 5-10 mins.

**b)** While everything roasts, halve the **baby plum tomatoes**.

**c)** Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into ½cm thick slices.

**d)** Halve the **iceberg lettuce** and thinly slice.

## Assemble and Serve

**a)** Once cooled, chop the **bacon rashers** into large, bite-sized chunks.

**b)** In a large bowl, combine the **lettuce, tomatoes, ranch dressing, croutons** and **three quarters** of the **cheese**. Season with **pepper**, then toss to coat well.

**c)** Divide the **dressed salad** between 2 serving bowls. Arrange the **avocado slices** and **bacon chunks** on top.

**d)** Sprinkle over the remaining **cheese** to finish.

Enjoy!