



Vichy Style Bacon and Garlic Greens Side Dish

with Shallot, Sugar Snap Peas, Green Beans and Peas

Special Sides 20-25 Minutes • 1 of your 5 a day

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Find all your unchilled Market items in bag A.



Garlic Clove



Echalion Shallot



British Smoked Bacon Lardons



Blanched Peas Snaps and Green Beans

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, frying pan, bowl and lid.

Ingredients

Ingredients	Quantity
Garlic Clove**	2
Echalion Shallot**	1
British Smoked Bacon Lardons**	60g
Blanched Peas, Sugar Snaps and Green Beans**	320g

Pantry	Quantity
Sugar*	1 tsp
Butter*	3 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	232g	100g
Energy (kJ/kcal)	750/179	323/77
Fat (g)	6.8	2.9
Sat. Fat (g)	2.1	0.9
Carbohydrate (g)	19.7	8.5
Sugars (g)	12.4	5.3
Protein (g)	12.1	5.2
Salt (g)	0.84	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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

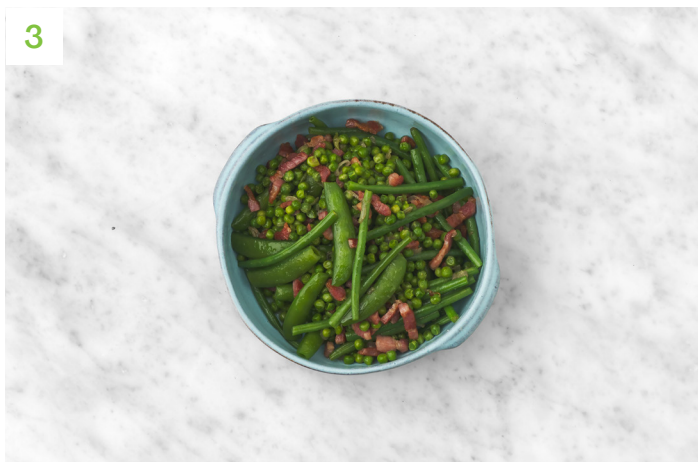
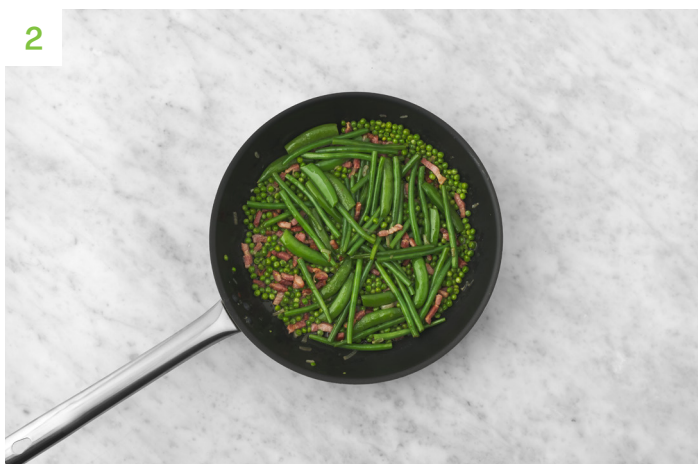
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Bring on the Bacon

a) Peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **shallot**.

b) 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.

c) Once golden, transfer to a bowl, leaving the **bacon fat** in the pan. Cover to keep warm. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

Add the Veg

a) Add the **shallot** to the frying pan alongside a little more **oil** if needed. Season generously with **salt** and **pepper**, then fry for 2 mins, until the **shallot** is softened slightly.

b) Add the **peas, sugar snap peas and green beans mix** to the pan, then stir-fry for another 2-3 mins.

c) Stir in the **garlic** and **sugar** (see pantry for amount), then turn the heat down to medium and cook for 1 min.

Finish and Serve

a) Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **greens** are tender, 3-4 mins.

b) Add the **bacon** back into the pan alongside the **butter** (see pantry for amount), then stir until the **butter** is melted and fully coats the **greens**.

c) Transfer to a serving dish to finish.

Enjoy!