



Maple Glazed Bacon and Asparagus with Pecans and Thyme

Special Sides 10-15 Minutes • Veggie

5A

Find all your unchilled
Market items in bag A.



British Smoked
Bacon Lardons



Asparagus



Pecan Nut Halves



Maple Syrup



Dried Thyme

Pantry Items
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

Frying pan and lid.

Ingredients

Ingredients	Quantity
British Smoked Bacon Lardons**	60g
Asparagus**	150g
Pecan Nut Halves 2)	25g
Maple Syrup	1 sachet
Dried Thyme	1 sachet

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	125g	100g
Energy (kJ/kcal)	861/206	687/164
Fat (g)	15.4	12.3
Sat. Fat (g)	2.7	2.2
Carbohydrate (g)	8.0	6.4
Sugars (g)	6.6	5.2
Protein (g)	8.5	6.8
Salt (g)	1.57	1.25

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

Allergens

2) Nuts

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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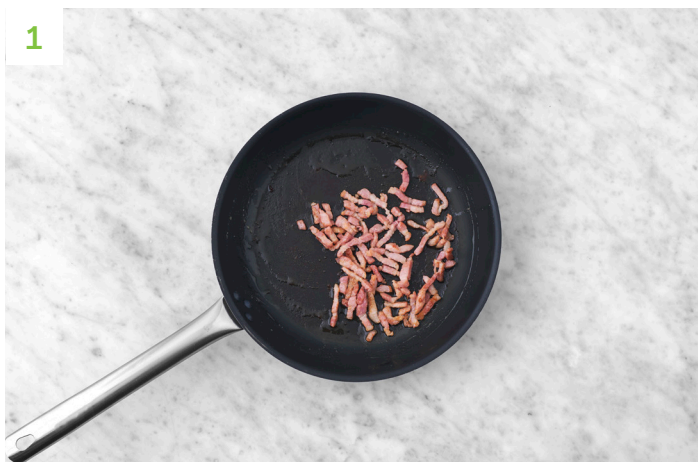
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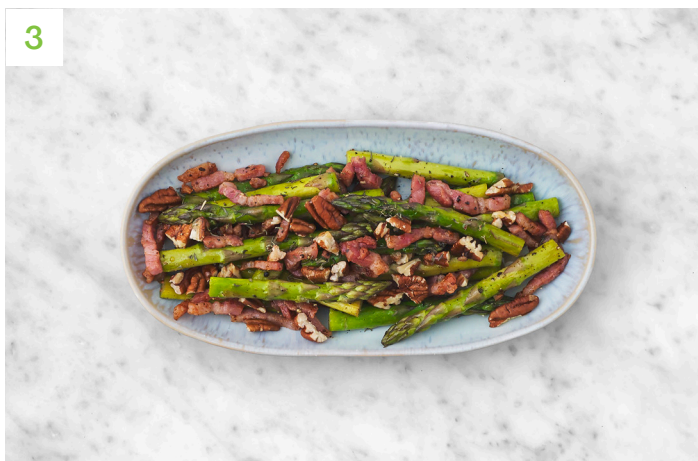
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2



3



Bring on the Bacon

a) Heat a large frying pan on medium-high heat (no oil).

b) 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.

c) Meanwhile, trim the bottom 2cm from the **asparagus** and discard. Halve the **asparagus** widthways.

Cook the Asparagus

a) Once the **bacon** is browned, add the **asparagus** and season with **salt** and **pepper**. Fry for 1 min, then add a splash of **water** and immediately cover with a lid or some foil.

b) Cook until the **asparagus** is tender, 4-6 mins.

Finish and Serve

a) Meanwhile, roughly chop the **pecans**.

b) Once the **asparagus** is cooked, remove from the heat and add the **maple syrup**, **dried thyme** and **pecans**. Mix to coat fully.

c) Transfer to a serving dish to finish.

Enjoy!