



Bacon, Pear, Blue Cheese and Walnut Side Salad with Croutons and Balsamic Dressing

Festive Flavours 15-20 Minutes • 1 of your 5 a day

4A

Find all your unchilled Market items in bag A.



Ciabatta



British Smoked Bacon Lardons



Pear



Walnuts



Pea Shoots



Crumbled Blue Cheese



Balsamic Glaze



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
Pear**	1
Walnuts 2)	20g
Pea Shoots**	40g
Crumbled Blue Cheese** 7)	30g
Balsamic Glaze 14)	12ml

**Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	217g / 1470 / 351	100g / 679 / 162
Fat (g)	18.1	8.4
Sat. Fat (g)	5.4	2.5
Carbohydrate (g)	34.9	16.1
Sugars (g)	13.4	6.2
Protein (g)	13.6	6.3
Salt (g)	1.79	0.83

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

Allergens

2) Nuts **7**) Milk **13**) Cereals containing gluten **14**) Sulphites

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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Crouton Time

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

b) Tear the **ciabatta** into roughly 2cm chunks. Pop the **ciabatta** onto a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat well.

c) Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

d) While the **croutons** bake, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Cook the Bacon and Pear

a) Once the pan is hot, add the **bacon lardons**. Stir-fry until lightly golden, 2-3 mins.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

b) Meanwhile, quarter the **pear** lengthways (no need to peel), remove the core and thinly slice lengthways. Once the **bacon** is lightly golden, add the **pear slices** to the pan and fry with the **bacon** until the **pear** has softened, 2-3 mins.

c) Transfer the **pear**, **bacon** and all the **juices** from the pan to a small bowl and leave to cool for a few mins.

Serve Up a Festive Treat

a) In the meantime, roughly chop the **walnuts**.

b) Pop your **pea shoots** and **croutons** into a serving bowl and spoon the **pear**, **bacon** and all the **juices** over the top.

c) Top with a sprinkling of **walnuts** and scatter over the **blue cheese**.

d) Drizzle over the **balsamic glaze** to finish.

Enjoy!

