



Blue Cheese, Chicken and Bacon Cobb Salad

with Avocado and Baby Plum Tomatoes

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

13A

Find all your unchilled Market items in bag A.



British Smoked Bacon Lardons



Cooked British Chicken Slices



French Dressing



Crumbled Blue Cheese



Baby Gem Lettuce



Avocado



Baby Plum Tomatoes



Balsamic Glaze

Pantry Items

Egg, Pepper, 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

Kettle, frying pan, saucepan and bowl.

Ingredients

| Ingredients | Quantity |
|----------------------------------|----------|
| British Smoked Bacon Lardons** | 60g |
| Cooked British Chicken Slices** | 1 pack |
| French Dressing 9) | 60g |
| Crumbled Blue Cheese** 7) | 30g |
| Baby Gem Lettuce** | 2 |
| Avocado | 1 |
| Baby Plum Tomatoes | 125g |
| Balsamic Glaze 14) | 12ml |

| Pantry | Quantity |
|-----------------------------|----------|
| Egg* | 2 |
| Olive Oil for the Dressing* | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------------|------------------|
| Energy (kJ/kcal) | 456g 2744 /656 | 100g 602 /144 |
| Fat (g) | 50.5 | 11.1 |
| Sat. Fat (g) | 11.6 | 2.5 |
| Carbohydrate (g) | 12.0 | 2.6 |
| Sugars (g) | 9.6 | 2.1 |
| Protein (g) | 37.8 | 8.3 |
| Salt (g) | 2.81 | 0.62 |

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

Allergens

7) Milk **9)** Mustard **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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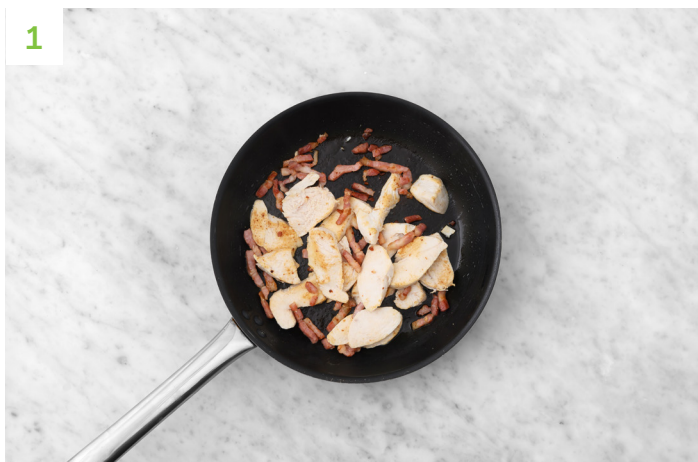
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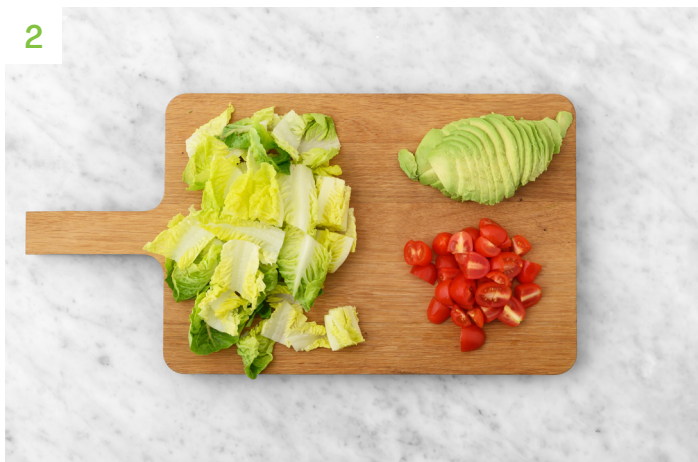
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2



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Bring on the Bacon and Chicken

a) Boil a half-full kettle. Heat a medium 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, pour the **boiled water** from your kettle into a medium saucepan and bring back to the boil, then boil the **eggs** (see pantry for amount) for 7-8 mins. Drain and allow to cool. **IMPORTANT:** Ensure egg whites are fully cooked.

d) While the **eggs** boil, tear the **cooked chicken slices** into bite-sized pieces. Once the **bacon** is cooked, add the **chicken** to the **bacon** pan, season with **pepper**, then stir to combine.

Prep the Salad

a) While everything cooks, in a large bowl, add the **French dressing**, **two thirds** of the **blue cheese** and the **olive oil for the dressing** (see pantry for amount). Mix to break up the **cheese**.

b) Trim the **baby gem**, separate the **leaves**, then tear into bite-sized pieces.

c) Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 0.5cm thick slices.

d) Quarter the **baby plum tomatoes**.

Assemble and Serve

a) Add the **baby gem** to the bowl of **dressing** and toss to coat. Divide the **blue cheese dressed lettuce** between 2 serving bowls.

b) Remove the **eggs** from their shells and quarter them vertically.

c) Top the **lettuce** with the **bacon lardons** and **chicken**, **boiled eggs**, **avocado slices**, **baby plum tomatoes** and remaining **blue cheese** in separate sections.

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

Enjoy!