



Creamy Pesto Dressed Bacon & Potato Salad with Green Beans and Baby Gem

Classic 40-45 Minutes • 2 of your 5 a day

9



Potatoes



Medium Tomato



Green Beans



Baby Gem Lettuce



Bacon Lardons



Fresh Pesto



Mayonnaise



Pumpkin Seeds



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tool

Baking tray, bowl, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Medium Tomato	2	3	4
Green Beans**	150g	200g	300g
Baby Gem Lettuce**	1	2	2
Bacon Lardons**	90g	120g	180g
Fresh Pesto** 7)	50g	64g	100g
Mayonnaise 8) 9)	64g	96g	128g
Pumpkin Seeds	7g	11g	15g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	565g	100g	695g	100g
Energy (kJ/kcal)	2439 /583	432 /103	3088 /738	444 /106
Fat (g)	35.2	6.2	37.6	5.4
Sat. Fat (g)	6.7	1.2	7.4	1.1
Carbohydrate (g)	52.1	9.2	52.2	7.5
Sugars (g)	9.4	1.7	9.5	1.4
Protein (g)	16.1	2.9	47.5	6.8
Salt (g)	2.54	0.45	2.73	0.39

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

Allergens

7) Milk 8) Egg 9) Mustard

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, milk, egg, mustard, celery, soya, 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.

Contact

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Start the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **potatoes** into 3cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two *baking trays if necessary*.

When the oven is hot, roast on the top shelf for 20 mins - you'll roast them for longer once you've crushed them.



Get Smashing

When the **potatoes** have cooked for 20 mins, remove them from the oven.

Use the bottom of a bowl or pan to lightly crush each **potato**.

Drizzle the **smashed potatoes** with more **oil**, and return to the top shelf until crispy and golden, 10-15 mins, then remove from the oven.



Prep Time

Meanwhile, cut the **tomatoes** into 2cm chunks.

Add the **olive oil for the dressing** (see pantry for amount) to a large bowl. Season with **salt** and **pepper**, then mix well. Mix the **tomatoes** into the **dressing**, then set aside.

Trim and halve the **green beans**. Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.



Cook the Beans

Meanwhile, pop your frying pan back on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins.

Once cooked, add the **beans** to the **tomato** bowl along with the **pesto** and **mayo**. Gently mix together until everything is combined.



Bring on the Bacon

Once the pan is hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.*

Once cooked, transfer the **lardons** to a small bowl and set aside the pan, keeping the **bacon fat**.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **bacon** and cook for 4-5 mins. Add the **bacon** and cook for a further 4-5 mins until golden, then transfer both to a bowl for later. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Finish and Serve

Add the **lettuce** and **smashed potatoes** to the bowl of **dressed veg** and toss to coat.

Share the **salad** between your bowls and sprinkle over the **crispy lardons** and **pumpkin seeds** (see ingredients for amount) to finish.

Enjoy!

CUSTOM RECIPE

Share the salad between your bowls and top with the **diced chicken** and **crispy lardons**.