



Carb Smart Bacon and Spinach Salad

with Mushrooms and Shallots

Carb Smart

Quick

25 Minutes



Bacon Strips



Baby Spinach



Mushrooms



Shallot



Crispy Shallots



Whole Grain Mustard



Red Wine Vinegar



Hard Boiled Egg



Baby Tomatoes



Honey



Cheddar Cheese, shredded

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, slotted spoon, large bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Baby Spinach	113 g	227 g
Mushrooms	113 g	227 g
Shallot	50 g	100 g
Crispy Shallots	28 g	56 g
Whole Grain Mustard	1 tbsp	2 tbsp
Red Wine Vinegar	2 tbsp	4 tbsp
Hard Boiled Egg	1	2
Baby Tomatoes	113 g	227 g
Honey	1 tbsp	2 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook bacon

Cut **bacon** in half crosswise. Heat a large non-stick pan over medium heat. When hot, add **bacon**. Cook, flipping occasionally, until crispy, 5-7 min.** Remove the pan from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside. Reserve **bacon fat** in the pan.



Prep

While **bacon** cooks, thinly slice **mushrooms**. Peel, then finely chop **shallot**. Halve **tomatoes**. Quarter **egg**. Season **tomatoes** and **eggs** with **salt** and **pepper**.



Cook mushrooms

Heat the pan with **reserved bacon fat** over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **mushrooms**. Cook, stirring occasionally, until softened, 5-6 min.



Make dressing

Add **shallots** to the pan with **mushrooms**. Cook, stirring occasionally, until beginning to soften, 1 min. Remove the pan from heat, then stir in **vinegar**, **mustard** and **honey**. Transfer to a large bowl.



Make salad

Add **spinach**, **cheese** and **tomatoes** to the large bowl with **mushrooms and dressing**. Season with **salt** and **pepper**, to taste, then toss to combine.



Finish and serve

Divide **salad** between plates. Top with **eggs** and **crispy shallots**, then crumble **bacon** over top.

Dinner Solved!