

Carb Smart Bacon and Spinach Salad

with Mushrooms and Shallots

Carb Smart

Quick

25 Minutes







Bacon Strips



Baby Spinach





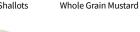
Mushrooms





Shallot

Crispy Shallots







Red Wine Vinegar







Baby Tomatoes



Cheddar Cheese, shredded

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, slotted spoon, large bowl, large nonstick pan, paper towels

Ingredients

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	⅓ cup	½ cup
Oil*		
Salt and Pepper*		

^{*} Pantry items

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.



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!

Contact

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