



Carb Smart Bacon-Wrapped Asparagus

with Salad and Avocado Dressing

Carb Smart

30 Minutes



Bacon Strips



Hard Boiled Egg



Asparagus



Mini Cucumber



Spring Mix



Green Onion



Guacamole



White Wine Vinegar

HELLO ASPARAGUS

This spring-time favourite can be steamed, pan-fried, grilled or even eaten raw!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, large bowl, parchment paper, small bowl, whisk

Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Hard Boiled Egg	2	4
Asparagus	227 g	454 g
Mini Cucumber	66 g	132 g
Spring Mix	56 g	113 g
Green Onion	1	2
Guacamole	3 tbsp	6 tbsp
White Wine Vinegar	½ tbsp	1 tbsp
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.

Contact

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hello@hellofresh.ca

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Prep and wrap asparagus

Trim and discard bottom 1-inch from **asparagus**. Divide **asparagus** into **4 bundles** (8 bundles for 4 ppl). Carefully wrap **1 bacon strip** around **each bundle**.



Roast bacon-wrapped asparagus

Transfer **bacon-wrapped asparagus** to a parchment-lined baking sheet. Season with **pepper**. Roast in the **middle** of the oven, carefully flipping halfway through, until **bacon** is crisp, 24-26 min.**



Prep

Meanwhile, thinly slice **cucumber** into rounds. Thinly slice **green onion**. Quarter **eggs**, then season with **salt** and **pepper**.



Make avocado dressing

Add **guacamole**, **½ tsp vinegar** and **1 tbsp water** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine. (**TIP**: Add a pinch of sugar, if desired!)



Make salad

Add **1 tsp vinegar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **cucumbers** and **spring mix**, then toss to combine.



Finish and serve

Divide **bacon-wrapped asparagus** and **salad** between plates. Top **salad** with **eggs**. Drizzle **avocado dressing** over top, then sprinkle with **green onions**.

Dinner Solved!