



Carb Smart Bacon-Wrapped Asparagus

with Salad and Avocado Dressing

Carb Smart

30 Minutes



Bacon Strips



Hard Boiled Egg



Asparagus



Croutons



Baby Spinach



Green Onion



Guacamole



White Wine Vinegar

HELLO ASPARAGUS

This springtime 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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

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
Croutons	28 g	56 g
Baby Spinach	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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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 **green onion**.
- Quarter **eggs**, then season with **salt** and **pepper**.



Make avocado dressing

- Add **guacamole**, **½ tsp** (1 tsp) **vinegar** and **1 tbsp** (2 tbsp) **water** 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** (2 tsp) **vinegar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach** and **croutons**, 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!