



Carb Smart Cobb Salad

with Ranch Dressing

Carb Smart

Quick

25 Minutes



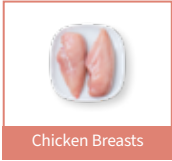
CUSTOM RECIPE

This is a Custom Recipe. If you chose to add chicken breasts, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Bacon Strips



Chicken Breasts



Roma Tomato



Baby Spinach



Feta Cheese, crumbled



Gala Apple



Pepitas



Egg



White Wine Vinegar



Dried Cranberries



Ranch Dressing

HELLO BACON

The ultimate salty, smoky flavour booster!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, slotted spoon, large bowl, small pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Chicken Breasts *	2	4
Roma Tomato	80 g	160 g
Baby Spinach	113 g	227 g
Feta Cheese, crumbled	½ cup	1 cup
Gala Apple	1	2
Pepitas	28 g	56 g
Egg	2	4
White Wine Vinegar	1 tbsp	2 tbsp
Dried Cranberries	¼ cup	½ cup
Ranch Dressing	2 tbsp	4 tbsp
Salt and Pepper*		

* Pantry items

** Cook bacon to a minimum internal temperature of 71°C/160°F and chicken and eggs to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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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Boil eggs

- Add **4 cups warm water** (dbl for 4 ppl) to a small pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Using a spoon, lower **eggs** into the **boiling water**. Cook for 7 min for a runny yolk or 9 min for a set yolk.**
- Drain and rinse **eggs** under **cold water** until cool enough to peel, 30 sec.
- Peel, then halve **eggs**. Season with **salt** and **pepper**.



Cook bacon

- Heat a large non-stick pan over medium heat.
- When hot, add **bacon**. Cook, stirring often, until crispy, 7-10 min.**
- Remove the pan from heat.
- Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.
- Reserve **1 tbsp bacon fat** (dbl for 4 ppl) in a large bowl. Carefully discard **remaining fat**.



Prep

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Core, then cut **apple** into ¼-inch slices.



Toss salad

- Add **bacon, apples, tomatoes, dried cranberries, spinach** and **vinegar** to the bowl with **reserved bacon fat**.
- Season with **salt** and **pepper**, then toss to combine.



Prep bacon

- Cut **bacon** crosswise into ¼-inch strips.

If you've opted to add **chicken breasts**, carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until cooked through, 4-6 min per side.** Transfer **chicken** to a plate. Cover with foil to keep warm. Use the same pan to cook **bacon** in step 4.



Finish and serve

- Divide **salad** and **eggs** between plates.
- Drizzle **ranch dressing** over top.
- Sprinkle with **feta** and **pepitas**.

Thinly slice **chicken**. Top **salad** with **chicken**.

Dinner Solved!