



CLASSIC PEAMEAL SAMMIE WITH CARAMELIZED ONIONS

Monterey Jack Cheese and Sweet Potato Fries

FAMILY



HELLO PEAMEAL BACON

Make a Canadian classic signature sandwich at home

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 791



Peameal Bacon



Monterey Jack Cheese, shredded



Onion, sliced



Mayonnaise



Smoked Paprika-Garlic Blend



Artisan Bun



Whole Grain Mustard



Sweet Potato, fries

BUST OUT

- 2 Baking Sheets
- Sugar (1 tsp)
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- 2 Small Bowls

INGREDIENTS

4-person

- Peameal Bacon 500 g
- Monterey Jack Cheese, shredded 2 ½ cup
- Onion, sliced 113 g
- Mayonnaise 3,9 4 tbsp
- Smoked Paprika-Garlic Blend 4 1 tbsp
- Artisan Bun 1 4
- Whole Grain Mustard 6,9 2 tbsp
- Sweet Potato, fries 680 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat your broiler to **high** (to bake fries and toast the buns).



1 BAKE FRIES
Wash and dry all produce.* On a baking sheet, toss **sweet potatoes** with **2 tbsp oil**. Season with **salt** and **pepper**. Roast in the middle of the oven, tossing halfway through cooking, until golden-brown, 20-22 min. (**NOTE:** This healthier version won't get crispy like deep-fried fries!)



4 TOAST BUNS
Meanwhile, cut the **buns** in half and arrange them on another baking sheet cut-side up. Divide the **cheese** over the **top buns**. Toast in the middle of the oven until just golden and the **cheese** has melted, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)



2 CARMELIZE ONIONS
Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then the **onions**. Cook, stirring often, until slightly softened, 2-3 min. Add **1 tsp sugar** and season with **salt**. Cook, stirring occasionally, until the **onions** are dark golden-brown, 7-8 min. Remove pan from the heat and transfer **onions** to a small bowl. Carefully wipe pan clean.



5 FINISH AND SERVE
Meanwhile, in another small bowl, stir together the **mustard** and **mayo**. Spread the **mustard-mayo** on the **toasted bottom buns**, then top with the **bacon** and **caramelized onions**. Serve the **sweet potato fries** on the side.



3 COOK PEAMEAL
Heat the same large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then the **bacon**. Sprinkle over the **spice blend**. Cook until golden-brown, 2-3 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.**) (**TIP:** Do not crowd the pan – cook in batches if necessary.) Transfer to a plate and cover to keep warm. Set aside.



6 QUICK HACK: TAKE IT TO THE NEXT LEVEL

If you have **eggs** at home, heat a medium non-stick pan over medium-low heat. When the pan is hot, add **2 tbsp butter**. Swirl to melt. Crack **4 eggs** into the pan. Season with **salt** and **pepper**. Cook, covered, until the **white** of the **egg** is set 2-3 min. (**NOTE:** The yolk will still be runny.) Top each **peameal bacon sandwich** with an **egg**.

OH CANADA!

Mustard seeds are grown in Canada!