



Smart Bacon and Roasted Sweet Potato Salad with Maple-Shallot Vinaigrette and Feta

Carb Smart

Calorie Smart

Quick

25 Minutes

+ Add



Chicken Breasts
2 | 4

↔ Custom Recipe

+ Add

↻ Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Bacon Strips
100 g | 200 g



Sweet Potato
1 | 2



Arugula and Spinach Mix
113 g | 227 g



Spring Mix
28 g | 56 g



Gala Apple
1/2 | 1



Shallot
1 | 2



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Red Wine Vinegar
3 tbsp | 6 tbsp



Maple Syrup
2 tbsp | 4 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Pecans
28 g | 56 g

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.

1



Prep and roast sweet potato

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **sweet potato** into ½-inch pieces. Add **sweet potatoes** and **1 tsp** (2 tsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. (**TIP:** If you don't like the skin, simply peel the sweet potato before cutting!)
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min.

2



Pickle shallots

- While **sweet potatoes** roast, peel, then cut **half the shallot** into ⅛-inch slices. Cut remaining half into ¼-inch thick pieces.
- Add **sliced shallots**, **vinegar** and **1 tsp** (2 tsp) **sugar** to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat. Transfer **shallots**, including **liquid**, to a small bowl.
- Set aside in the fridge to cool.

3



Prep and toast nuts

- Heat a large non-stick pan over medium heat.
- When hot, add **pecans** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.
- Core, then cut **half the apple** (whole for 4 ppl) into ⅛-inch slices.

4



Cook bacon

- On a clean cutting board, cut **bacon** into 1-inch pieces.
- Heat the same pan over medium-high.
- When hot, add **bacon**. Cook, stirring occasionally, until crispy, 5-7 min.**
- Remove from heat.
- Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.
- Carefully drain and discard all but **1 tbsp** (2 tbsp) **fat**.

5



Make shallot vinaigrette

- Heat the pan with **reserved fat** over low.
- Add **remaining shallots**. Season with **salt** and **pepper**.
- Cook, stirring often, until tender and golden brown, 1-2 min.
- Transfer **shallots** along with **bacon fat** to a large bowl.
- Add **maple syrup**, **whole grain mustard** and **3 tbsp** (6 tbsp) **pickling liquid**.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Add **sweet potatoes**, **spinach** and **arugula mix**, **spring mix**, **apples** and **pecans** to bowl of **dressing**. Season with **salt** and **pepper**, then toss to coat.
- Divide **salad** between plates.
- Sprinkle **feta** over top.
- Sprinkle **bacon** and **pickled shallots** over top.

3 | Prep and toast nuts

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Transfer to a cutting board.

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top final plates with **chicken**.

** Cook pork and poultry to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary. | • Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

