



Aubergine Parmigiana Salad

with Streaky Bacon and Croutons

CLASSIC 30 Minutes • 3 of your 5 a day

N° 21



Courgette



Aubergine



Ciabatta



Grated Italian Style Hard Cheese



Baby Plum Tomatoes



Balsamic Vinegar



Honey



Streaky Bacon



Mozzarella



Rocket



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Baking Tray, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Courgette**	1	1	2
Aubergine**	1	2	2
Ciabatta 11 13)	1	2	2
Grated Italian Style Hard Cheese 7 8)**	1 pack	1½ packs	2 packs
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Olive Oil	1 tbsp	1½ tbsp	2 tbsp
Streaky Bacon**	6 rashers	10 rashers	12 rashers
Mozzarella 7)**	1 bag	2 bags	2 bags
Rocket**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredient	511g	100g
Energy (kJ/kcal)	1941 /464	380 /91
Fat (g)	21	4
Sat. Fat (g)	9	2
Carbohydrate (g)	40	8
Sugars (g)	22	4
Protein (g)	24	5
Salt (g)	2.23	0.44
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	573g	100g
Energy (kJ/kcal)	2671 /639	466 /112
Fat (g)	35	6
Sat. Fat (g)	18	3
Carbohydrate (g)	41	7
Sugars (g)	23	4
Protein (g)	36	6
Salt (g)	2.54	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 11) Soya 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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The Fresh Farm
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1. Get Prepped

Preheat your oven to 200°C. Trim the **courgette**, halve widthways, slice lengthways into ½ cm wide strips. Trim the **aubergine** and chop into rounds roughly 1cm thick. Tear the **ciabatta** into roughly 2cm chunks.



4. Fry the Courgette

Heat a large frying pan on medium-high heat (no **oil**). Once hot, lay in the **courgette slices** and fry until charred, 2-3 mins on each side. **TIP: Do this in batches if your pan is small.** Once charred, remove the **courgette** to a large bowl and season with **salt** and **pepper**.



2. Ciabatta Time

Pop the **ciabatta** on a baking tray in a single layer and drizzle with **oil**, season with **salt** and **pepper** and sprinkle over a **third** of the **hard Italian style cheese**. Toss to coat the **bread** in the **cheese**. Pop the **aubergine** on another baking tray and drizzle with **oil**, season with **salt** and **pepper** and sprinkle over a **half** the remaining **cheese**.



5. Fry the Bacon

Pop your frying pan back on medium-high heat and add a drizzle of **oil**. Lay in the **bacon rashers** and fry until they're crispy and brown, 1-2 mins on each side. **IMPORTANT: Cook the bacon lardons throughout.** Remove to a plate lined with kitchen roll.



3. Roast!

Roast the **aubergine** on the top shelf until soft and golden, 15-20 mins. Bake the **croutons** on the middle shelf until golden as well, 8-10 mins, then remove from the oven and set aside. Meanwhile, halve the **tomatoes** and pop them in a large bowl. Season with **salt** and **pepper**, then add the **balsamic vinegar**, **honey** and **olive oil** (see ingredients for amount). Mix to combine, then set aside.



6. Toss and Serve

Add the **aubergine**, **tomato** and **dressing**, **croutons** (and **cheesy bits** from the tray!) and **rocket** to the bowl with the **courgettes** and toss to coat. Serve with the **streaky bacon rashers** arranged on top and finish with a sprinkling of remaining **hard Italian cheese**.

Enjoy!



CUSTOM RECIPE

If you've opted to receive **mozzarella**, at the beginning of the above step, drain the **mozzarella** and pull apart into small pieces. Add the **mozzarella** to the bowl when you add the veg, dressing, croutons and **rocket**. Continue with the rest of the step.