HELLO FRESH

Bacon, Rocket and Tomato Roll
with Onion Marmalade and Mayo

Lunch 5-10 Minutes

Streaky Bacon

Medium Tomato

Seeded Roll

Mayonnaise

Onion Marmalade

Rocket

Pantry Items
Oil

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Frying pan and kitchen paper.

Ingredients

Ingredients	Quantity
Streaky Bacon**	4 rashers
Medium Tomato	1
Seeded Roll **13)**	1
Mayonnaise **8) 9)**	1 sachet
Onion Marmalade	20g
Rocket**	10g

*Not Included **Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	**292g**	**100g**
Energy (kJ/kcal)	2457 /587	841 /201
Fat (g)	29.6	10.1
Sat. Fat (g)	7.2	2.5
Carbohydrate (g)	61.2	21.0
Sugars (g)	14.6	5.0
Protein (g)	21.4	7.3
Salt (g)	3.77	1.29

Nutrition for uncooked ingredients based on 1 person recipe.

Allergens

8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

1

Cook the Bacon

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side.

c) Once cooked, transfer to a plate lined with kitchen paper. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

2

Quick Prep

a) While the **bacon** cooks, thinly slice the **tomato**.

b) Halve the **seeded roll** widthways.

3

Layer Up for Lunch

a) Spread as much **mayo** as you'd like over one **half** of the **roll**.

b) Repeat with the **onion marmalade** over the other **half**.

c) Layer the **bacon**, **rocket** (see ingredients for amount) and **tomatoes** inside your roll.

d) Sandwich together, then tuck in while it's still hot!

Enjoy!