



Californian Style Bacon & Avocado Sunshine Salad with Charred Sweetcorn, Tomato and Croutons

5

Classic 25-30 Minutes • 1 of your 5 a day



Streaky Bacon



Ciabatta



Sweetcorn



Medium Tomato



Greek Style Salad
Cheese



Avocado



Cider Vinegar



Premium Baby
Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil,
Mayonnaise

Before you start

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

Cooking tools

Baking tray, baking paper, sieve, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Streaky Bacon**	6 rashers	8 rashers	12 rashers
Ciabatta 13)	1	1½	2
Sweetcorn	150g	225g	326g
Medium Tomato	2	3	4
Greek Style Salad Cheese** 7)	50g	100g	100g
Avocado	1	2	2
Cider Vinegar 14)	2 sachets	3 sachets	4 sachets
Premium Baby Leaf Mix**	50g	75g	100g

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp
Mayonnaise*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	390g	100g
Energy (kJ/kcal)	2555 /611	655 /157
Fat (g)	43.0	11.0
Sat. Fat (g)	12.5	3.2
Carbohydrate (g)	35.5	9.1
Sugars (g)	9.3	2.4
Protein (g)	19.8	5.1
Salt (g)	2.90	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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.

Contact

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Bake the Bacon

Preheat your oven to 220°C/200°C fan/gas mark 7.

Lay the **bacon** in a single layer onto a lined baking tray and bake on the middle shelf of your oven until golden brown and crispy, 10-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

Once cooked, set aside until ready to serve.



Make your Croutons

Meanwhile, tear the **ciabatta** into roughly 2cm chunks and pop onto another baking tray.

Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well. Spread out in a single layer.

Bake the **croutons** on the top shelf until golden, 8-10 mins, then remove from the oven and set aside.



Char the Sweetcorn

While the **bacon** and **croutons** bake, drain the **sweetcorn** in a sieve.

Heat a large frying pan on high heat (no **oil**).

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Once charred, remove from the heat.



Prep the Rest

Chop the **tomatoes** into 1cm pieces. Cut the **Greek style salad cheese** into 1cm cubes.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 1cm thick slices - you'll fan it out later.



Mix the Dressing

In a large salad bowl, combine the **sugar** and **olive oil for the dressing** (see ingredients for both amounts) with the **cider vinegar**. Season with **salt** and **pepper**, then mix together.



Assemble your Sunshine Salad

When everything is ready, chop the **crispy bacon** into bite-size pieces and add **half** to the **dressing** bowl, along with the **baby leaf mix**, **tomatoes**, **sweetcorn**, **Greek style salad cheese** and **croutons**. Toss to coat.

Share the **salad** between your bowls. Scatter over the remaining **bacon** and fan out the **sliced avocado** on top.

Drizzle over the **mayo** (see ingredients for amount - loosen with a splash of **water** first if needed) to finish.

Enjoy!