



Aubergine and Courgette Salad with Streaky Bacon and Croutons

Calorie Smart 30 Minutes • Under 600 Calories • 3 of your 5 a day

25



Courgette



Aubergine



Baby Plum
Tomatoes



Balsamic Vinegar



Honey



Streaky Bacon



Croutons



Rocket

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Two Large Bowls and Frying Pan.

Ingredients

	2P	3P	4P
Courgette**	1	1	2
Aubergine**	1	2	2
Baby Plum Tomatoes	125g	250g	250g
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
CROUTONS 7) 13)	1 pack	2 packs	2 packs
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	427g	100g
Energy (kJ/kcal)	1412/338	331/79
Fat (g)	17	4
Sat. Fat (g)	5	1
Carbohydrate (g)	28	7
Sugars (g)	20	5
Protein (g)	15	4
Salt (g)	2.03	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



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.



Roast!

Pop the **aubergine** on another baking tray and drizzle with **oil**, season with **salt** and **pepper**. Roast the **aubergine** on the top shelf until soft and golden, 15-20 mins.



Roast!

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.



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**.



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 throughout. Remove to a plate lined with kitchen roll.



Toss and Serve

Combine **all the ingredients** with the **tomatoes** and **dressing**, toss to coat. Serve with the **streaky bacon rashers** arranged on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.