



Aubergine Parmigiana Salad with Streaky Bacon and Croutons

Calorie Smart 30-35 Minutes • 2 of your 5 a day • Under 650 Calories

27



Bell Pepper



Aubergine



Ciabatta



Grated Hard Italian Style Cheese



Baby Plum Tomatoes



Balsamic Vinegar



Streaky Bacon



Rocket

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

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

Cooking tools

Baking tray, bowl, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Aubergine**	1	2	2
Ciabatta 13)	1	2	2
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Baby Plum Tomatoes	125g	190g	250g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Streaky Bacon**	6 rashers	10 rashers	12 rashers
Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	1750 /418	393 /94
Fat (g)	21.0	4.7
Sat. Fat (g)	8.7	2.0
Carbohydrate (g)	34.0	7.6
Sugars (g)	12.8	2.9
Protein (g)	21.1	4.7
Salt (g)	2.32	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk **8)** Egg **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.

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Get Prepped

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

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Trim the **aubergine**, then slice into roughly 1cm thick rounds.



Prep the Tomatoes

Meanwhile, halve the **tomatoes** and pop them into a large bowl.

Season with **salt and pepper**, then add the **balsamic vinegar, sugar and olive oil for the dressing** (see ingredients for both amounts).

Mix well to combine, then set the **tomatoes** aside.



Croutons and Veg Time

Tear the **ciabatta** into roughly 2cm chunks, then pop onto a baking tray. Drizzle with **oil**, season with **salt and pepper**, then sprinkle over a **third** of the **hard Italian style cheese**. Toss to coat and spread out in a single layer.

Pop the **pepper and aubergine** onto another baking tray. Drizzle with **oil**, season with **salt and pepper**, then sprinkle over **half** the remaining **cheese**. Toss to coat and spread out in a single layer.



Bring on the Bacon

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

Once the **oil** is hot, lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**

Transfer to a plate lined with kitchen paper.



Roast until Golden

When the oven is hot, roast the **aubergine and pepper** on the top shelf until soft and golden, 20-25 mins.

Halfway through roasting, turn the **veg** and slide the **croutons** onto the middle shelf.

Bake the **croutons** until golden as well, 8-10 mins, then remove from the oven and set aside.



Combine and Serve

When everything is ready, add the **roasted pepper, aubergine, croutons** (and cheesy bits from the tray) and **rocket** to the bowl of **tomatoes** and toss to coat.

Share the **parmigiana salad** between your bowls. Top with the **crispy bacon** and sprinkle over the remaining **cheese** to finish.

Enjoy!

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