





Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people	
Bacon	2 packets	
Sliced Sourdough	4 slices	
Tomato Relish	1 medium packet	
Cheddar Cheese	1 large packe	
Spinach & Rocket Mix	1 small bag	
Butter* (Softened)	15g	
*Pantry Items		

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2471kJ	1030kJ
Ellergy (KJ)	(591Cal)	(246Cal)
Protein (g)	32.4g	13.5g
Fat, total (g)	35.4g	14.8g
- saturated (g)	16.6g	6.9g
Carbohydrate (g)	35.6g	14.8g
- sugars (g)	6g	2.5g
Sodium (g)	1678mg	699mg

The quantities provided above are averages only.

1. Make the toastie

In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook bacon, turning, until golden, 4-5 minutes. Spread half the sourdough slices with tomato relish. Top with Cheddar cheese, bacon and spinach & rocket mix. Season with pepper. Top with remaining slices of sourdough.

2. Toast.

Spread the outside slices of **bread** with the **butter**. Toast each **sandwich** in a sandwich press or frying pan until golden on each side.

3. Serve up

Slice sandwiches in half. Divide bacon, spinach & tomato relish cheese toasties between plates to serve.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact-us

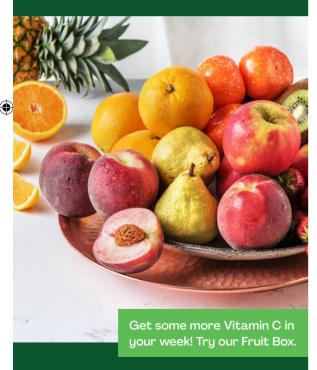
SCQ



More meal occasions



Scan the QR code to add these to next week's box!



Breakfast & Brunch

Tuck in to a sweet or savoury delight to start your day out right.



No Suga

Passionfruit Kombucha Remedy
Four 250ml cans



Cafe fave

Caramelised Pear & Pecan Pancakes with Syrup & Cream



Ouick brun

Prosciutto & Cheese Croissant with Diion Mustard

Quick Lunches

Short on time? Whip up these delicious dishes in a flash!



Laura de Jaideau

Sweet Chilli Tofu Bao Buns with Creamy Pea Pod Slaw & Crispy Shallots



Readu to heat

Nonna's Beef Bolognese No Prep | Ready in 5



'um cha at hom

Chicken Gyoza Chan's Yum Cha at Home

Sides & Desserts

Turn dinner into a feast that the whole family will love.



The perfect sic

Pear & Parmesan Green Salad with Parsley & Pine Nuts



Four easy steps

Spiced Apple & Pear Crumble with Vanilla Custard



One-bowl baki

Double Chocolate Chip MuffinsMakes 10+

