



Bacon, Cheese & Tomato Toastie

with Spinach

SERVES

2



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 | 1 |
| Cheddar Cheese | 1 large packet |
| Baby Spinach Leaves | 1 small bag |

Butter*
(Softened) 15g

*Pantry Items

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**. Slice **tomato** into rounds. Top half the sliced sourdough with **Cheddar cheese**, **bacon**, **tomato** and **baby spinach leaves**. 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, cheese and tomato toasties between plates to serve.

Nutrition Information

| AVG QTY | PER SERVING | PER 100g |
|------------------|--------------------|--------------------|
| Energy (kJ) | 2471kJ (591Cal) | 1030kJ (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.

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

More meal occasions



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



Get some more Vitamin C in your week! Try our Fruit Box.

Breakfast & Brunch

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



Cafe fave

Lemon Sugar Pancakes
with Lemon Curd & Almonds



Quick brunch

Prosciutto & Cheese Croissant
with Dijon Mustard



Snack on the go

Choc Chip Protein Cookie
Youfoodz

Quick Lunches

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



Kid-friendly

Cheesy Aussie Chicken Burger
with Fries & Garlic Aioli



Ready to heat

Mohit's Butter Chicken
No Prep | Ready in 5



Lunch bites

Oyster Sauce Chicken Bao Buns
with Mayo & Pickled Cucumber

Sides & Desserts

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



Ready to bake

Garlic Bread
Serves 4+



The perfect side

Roasted Potatoes & Creamy Fetta
with Lemon Zest



Four easy steps

Chocolate Self-Saucing Pudding
with Mixed Berry Compote