



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