



# Bacon, Cheese & Tomato Toastie

with Spinach

SERVES

2

Grab your Kit

A



## 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 packet

**Butter\***  
(Softened) 15g

\*Pantry Items

### 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.*

## 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.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](http://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](http://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.



Thirst quencher

**Youjuice Getcha Greens**  
2 x 350mL



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!



Cosy lunch

**Basil & Vine Ripened Tomato Soup**  
Ready in 5 | Serves 1



Ready to heat

**Nonna's Beef Bolognese**  
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

**Spiced Apple & Pear Crumble**  
with Vanilla Custard