



# UCCOOK

## Bacon & Brussel Sprouts Gratin

with jasmine rice & toasted almonds

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Sarah Hewitt

**Wine Pairing:** Sophie Germanier Organic | Sophie Germanier Chardonnay Organic

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1117kJ   | 6761kJ      |
| Energy             | 267kcal  | 1617kcal    |
| Protein            | 10.5g    | 63.3g       |
| Carbs              | 16g      | 97g         |
| of which sugars    | 2.5g     | 14.8g       |
| Fibre              | 1.7g     | 10g         |
| Fat                | 18.1g    | 109.5g      |
| of which saturated | 7.3g     | 44.2g       |
| Sodium             | 464mg    | 2808mg      |

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 |       | [Serves 4]                                       |
|----------|-------|--|
| 225ml    | 300ml | Jasmine Rice<br><i>rinse</i>                     |
| 30g      | 40g   | Almonds<br><i>roughly chop</i>                   |
| 150ml    | 200ml | Panko Breadcrumbs                                |
| 45ml     | 60ml  | Grated Italian-style Hard Cheese                 |
| 300g     | 400g  | Brussels Sprouts<br><i>rinse &amp; halve</i>     |
| 450g     | 600g  | Diced Pork Bacon                                 |
| 2        | 2     | Onions<br><i>peel &amp; roughly slice 1½ [2]</i> |
| 90ml     | 125ml | Crème Fraîche                                    |
| 150ml    | 200ml | Fresh Cream                                      |
| 15ml     | 20ml  | Wholegrain Mustard                               |
| 60g      | 80g   | Spinach<br><i>rinse</i>                          |
| 30g      | 40g   | Piquanté Peppers<br><i>drain</i>                 |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

**1. FLUFFY RICE** Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**2. GOLDEN ALMONDS & CRUMB** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil and a knob of butter. Add the breadcrumbs and fry until golden, 1-2 minutes (shifting occasionally). Mix through the cheese and remove from the pan.

**3. BRUSSELS SPROUTS** Return the pan to high heat with a drizzle of oil. Fry the brussels sprouts cut-side down until charred, 3-4 minutes. Give them a shift, and fry until al dente, 2-3 minutes. Remove the pan and season.

**4. GET IT TOGETHER!** Return the pan to medium heat with a drizzle of oil. Add the bacon and the onion and fry until the onion is soft and the bacon is browned, 5-6 minutes (shifting occasionally). Remove from the heat and mix in the crème fraîche, the cream, the charred brussel sprouts, the mustard, the spinach, seasoning, and 150ml [200ml] of warm water. Place the mixture in an ovenproof dish and sprinkle over the cheesy crumb. Pop in the hot oven and bake until the cheese is melted, 10-12 minutes.

**5. THE GREAT GRATIN!** Plate up the steaming rice and top with a hearty helping of the bacon & brussel sprout gratin. Scatter over the peppers and toasted nuts. Enjoy, Chef!