



# UCCOOK

## Bacon & Brussel Sprouts Gratin

with jasmine rice & toasted almonds

**Hands-on Time:** 40 minutes

**Overall Time:** 55 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 <i>rinse</i>
30g	40g	Almonds <i>roughly chop</i>
150ml	200ml	Panko Breadcrumbs
45ml	60ml	Grated Italian-style Hard Cheese
300g	400g	Brussels Sprouts <i>rinse &amp; halve</i>
450g	600g	Diced Pork Bacon
2	2	Onions <i>peel &amp; roughly slice 1½ [2]</i>
90ml	125ml	Crème Fraîche
150ml	200ml	Fresh Cream
15ml	20ml	Wholegrain Mustard
60g	80g	Spinach <i>rinse</i>
30g	40g	Piquanté Peppers <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!