



UCOOK

Creamy Bacon & Brussel Sprouts Gratin

with a roasted carrot & flaked almond salad

This soul-warming creamy bacon and charred brussel sprout gratin hits the spot every time! Creamy, crispy, warm and delicious. Perfectly sided with a roasted carrot, green leaves and toasted golden almond flakes. Have we convinced you yet?

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Sarah Hewitt

 Fan Faves

 Boschendal | Boschen Blanc

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Ingredients & Prep

120g	Carrot <i>rinsed, trimmed & cut into chunks</i>
10g	Flaked Almonds
50ml	Panko Breadcrumbs
50ml	Grated Italian-style Hard Cheese
100g	Brussels Sprouts <i>rinsed & halved</i>
4 strips	Streaky Pork Bacon <i>roughly chopped</i>
1	Onion <i>½ peeled & roughly diced</i>
30ml	Crème Fraîche
65ml	Fresh Cream
5ml	Wholegrain Mustard
20g	Green Leaves <i>rinsed</i>
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. ROASTED CARROTS Preheat the oven to 200°C. Spread out the carrot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. GOLDEN ALMONDS & CRUMB Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool. Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, add the breadcrumbs and fry for 1-2 minutes until golden, shifting occasionally. Remove from the heat and add the grated cheese. Mix until fully combined and remove from the pan.

3. MY HEART SPROUTS FOR YOU Return the pan to a medium-high heat with a drizzle of oil. When hot, add the halved brussels sprouts and fry for 5-6 minutes until charred, shifting occasionally. Remove from the pan and season to taste.

4. GET IT TOGETHER! Return the pan to a medium heat with a drizzle of oil. When hot, add the chopped bacon and the diced onion and fry for 3-4 minutes until the onion is soft and the bacon is browned, shifting occasionally. Remove from the heat and add the crème fraîche, the cream, the charred brussel sprouts, the mustard, seasoning, and 50ml of warm water. Mix until fully combined. Place the mixture in an ovenproof dish and sprinkle over the cheesy crumb. Pop in the hot oven and bake for 8-10 minutes until the cheese is melted.

5. CRUNCHY SALAD In a bowl, combine the roasted carrots, the rinsed green leaves, the toasted almonds, a drizzle of oil, and seasoning.

6. THE GREAT GRATIN! Plate up a hearty helping of the bacon & brussel sprout gratin. Side with the roasted carrot & toasted almond salad. Sprinkle over the chopped parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	860kJ
Energy	206Kcal
Protein	7.8g
Carbs	10g
of which sugars	3g
Fibre	2.4g
Fat	15.3g
of which saturated	7.1g
Sodium	15mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 2
Days