



UCCOOK

Bacon & Brussel Sprouts Gratin

with jasmine rice & toasted almonds

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

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 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
10g	20g	Almonds <i>roughly chop</i>
50ml	100ml	Panko Breadcrumbs
15ml	30ml	Grated Italian-style Hard Cheese
100g	200g	Brussels Sprouts <i>rinse & halve</i>
150g	300g	Diced Pork Bacon
1	1	Onion <i>peel & roughly slice ½ [1]</i>
30ml	60ml	Crème Fraîche
50ml	100ml	Fresh Cream
5ml	10ml	Wholegrain Mustard
20g	40g	Spinach <i>rinse</i>
10g	20g	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 150ml [300ml] 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, 3-4 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 50ml [100ml] 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, 8-10 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!