



# 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?

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Sarah Hewitt

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 Fan Faves

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 Boschendal | Boschen Blanc

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## Ingredients & Prep

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240g	Carrot <i>rinsed, trimmed &amp; cut into chunks</i>
20g	Flaked Almonds
100ml	Panko Breadcrumbs
100ml	Grated Italian-style Hard Cheese
200g	Brussels Sprouts <i>rinsed &amp; halved</i>
8 strips	Streaky Pork Bacon <i>roughly chopped</i>
1	Onion <i>peeled &amp; roughly diced</i>
60ml	Crème Fraîche
125ml	Fresh Cream
10ml	Wholegrain Mustard
40g	Green Leaves <i>rinsed</i>
8g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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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 4-5 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 brussels sprouts, the mustard, seasoning, and 80ml 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 & brussels sprout gratin. Side with the roasted carrot & toasted almond salad. Sprinkle over the chopped parsley. Enjoy, Chef!

## Nutritional Information

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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

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## Allergens

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

Cook  
within 2  
Days