



UCOOK

Bacon-Wrapped Broccolini & Cornbread

with a side salad & lemon vinaigrette

Say hello to the perfect combination of sweet, savory & smoky! Test your cooking skills with homemade cornbread and yummy bacon-wrapped broccolini. Sounds complicated, but we can assure you it is not! Your dinner guests don't need to know that, though...


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Creation Wines | Creation Cool-Climate
Chenin Blanc 2021

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Ingredients & Prep

60g	Tinned Sweetcorn
30ml	Low Fat Fresh Milk
30ml	Polenta
55ml	Flour Mix <i>(50ml Cake Flour & 5ml Baking Powder)</i>
20ml	White Sugar
20g	Salad Leaves
20g	Radish
15g	Walnuts <i>roughly chopped</i>
1	Lemon
4 strips	Streaky Pork Bacon
100g	Long-stem Broccoli

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Sugar/Sweetener/Honey
Butter
Egg/s

1. BREAD & BUTTER Preheat the oven to 200°C. Place a skillet or an oven proof pan in the hot oven to heat up. Heat 20g of butter in the microwave or in a pot over the stove until melted. In a bowl, combine the sweetcorn, the melted butter, 1 egg, and the milk. Mix until combined. Add the polenta, the flour mix, the sugar (don't add all the sugar if you'd prefer a more savoury cornbread), and seasoning.

2. CORNBREAD Carefully remove the skillet or pan from the oven and add a drizzle of oil. Swish the oil around to make sure the base is fully greased. Pour in the batter and spread it out evenly. Return to the hot oven and bake for 25-30 minutes, or until golden and a skewer comes out clean. Remove from the oven and cool for 15 minutes before turning it out. Run a knife around the edge to help turn out the cornbread. Cut into pieces as desired.

3. PREP STEP While the bread is baking, rinse and roughly shred the salad leaves. Rinse the radish and thinly slice into rounds. Zest the lemon and cut into wedges.

4. FRESHY ZESTY In a small bowl, combine the juice of 1 lemon wedge, a drizzle of oil, sweetener to taste, and some seasoning. Set aside. In a salad bowl, combine the shredded salad leaves, the radish rounds, and ½ the chopped walnuts. Just before serving, toss the lemon vinaigrette through the salad.

5. YOU'RE BACON ME CRAZY Slice each bacon strip in half lengthways. Wrap a bacon slice around the length of each broccoli stem. Place the bacon-wrapped broccoli on a baking tray (along with any leftover broccoli). Drizzle over a little oil and season. When the cornbread is done, add the broccolini to the hot oven and bake for 12-15 minutes until cooked through and crisping up.

6. LEMON BUTTER SAUCE Place 30g of butter in a saucepan over medium heat. When it starts to foam, add the juice of 1 lemon wedge, the lemon zest, and the remaining walnuts. Cook for 1-2 minutes until the butter is slightly browned.

7. CLASSIC NOSHING Plate up the bacon-wrapped broccolini and drizzle over the nutty lemon butter sauce. Side with the fresh cornbread for dipping, the dressed salad, and any remaining lemon wedges. Enjoy!



Chef's Tip

Toasting your walnuts can go a long way in terms of flavour and texture! Just pop them in the oven or toast them in a pan for 3-5 minutes. Make sure to keep a close watch on them as they can burn easily.

Nutritional Information

Per 100g

Energy	875kj
Energy	209kcal
Protein	7.8g
Carbs	23g
of which sugars	8.2g
Fibre	1.8g
Fat	10.1g
of which saturated	3g
Sodium	284mg

Allergens

Gluten, Dairy, Wheat, Tree Nuts

Cook
within 2
Days