



Cheesy Sprout and Bacon Gratin

serves 2-4

Sides 30 – 35 mins



Bacon Lardons



Brussels Sprouts



Creme Fraiche



Stock



Grated Italian
Style Hard Cheese



Breadcrumbs

Pantry Items: Oil, Flour, Salt,
Pepper, Water



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2024-W49

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Oven dish, pan with lid

Ingredients

	Quantity
Bacon Lardons	100 g
Brussels Sprouts	500 g
Creme Fraiche	110 g
Stock	1 sachet
Grated Italian Style Hard Cheese	2 units
Breadcrumbs	1 pack

Nutrition

	Per serving	Per 100g
for uncooked ingredients	403 g	100 g
Energy (kJ/kcal)	2422.5 kJ/ 579 kcal	601.1 kJ/ 143.7 kcal
Fat (g)	38.4 g	9.5 g
Sat. Fat (g)	17.7 g	4.4 g
Carbohydrate (g)	26.3 g	6.5 g
Sugars (g)	8.8 g	2.2 g
Protein (g)	29.7 g	7.4 g
Salt (g)	2.1 g	0.5 g

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Contact

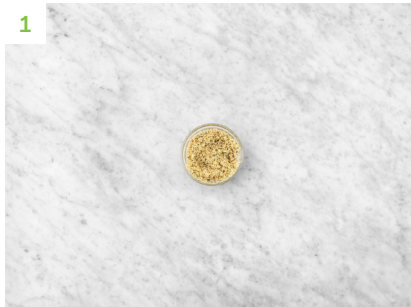
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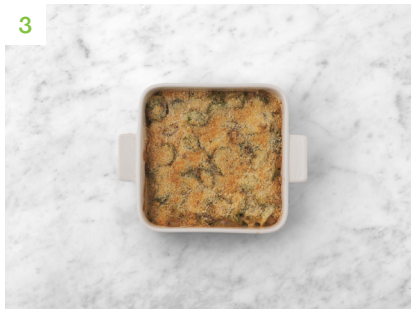
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Time to Fry

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **sprouts** and halve through the root.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Fry **sprouts** and **bacon** until starting to brown, 3-4 mins.
IMPORTANT: Wash hands and equipment after handling raw meat.
- Meanwhile, combine the **cheese** and **breadcrumbs** in a bowl then season with **salt** and **pepper**. Add 1 tbsp **oil** and mix until well combined.

Steam the Sprouts

- Add a splash of **water** to the **sprouts** and cover the pan with a lid.
- Cook until **sprouts** are tender, 4-5 mins.
- Add 1 tbsp **flour** and mix well.
- Stir in **creme fraiche**, **stock** and 100ml **water**.
- Bring to a boil until you reach the consistency of a bechamel. Add a splash of **water** if the sauce becomes too thick.

Bake Until Golden

- Transfer to an oven dish and sprinkle over the cheesy **breadcrumbs**.
- Pop onto the top shelf of the oven and bake until golden, 10-15 mins.
- Remove from the oven and set aside to cool before serving, 10-20 mins.

Enjoy!