






More than Food

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## Parsnip and Carrot Gratin

with Gruyère Mornay and Greens

Parsnip and carrot ribbons sub in for noodles in this cheesy baked casserole. If you've never made sauce *mornay*, it's simply a béchamel sauce with cheese stirred in for flavor. An arugula side salad offsets the creamy richness with a refreshing bite.



Parsnips



Carrots



Onion



Lemon



Arugula



2% Milk



Gruyère,  
shredded



Parmesan Cheese



Thyme



Panko



Flour

Ingredients		2 People	4 People
Parsnips		12 oz	24 oz
Carrots		12 oz	24 oz
Onion		1	2
Lemon		1	2
Arugula		2 oz	4 oz
2% Milk	1)	2 C	4 C
Gruyère, shredded	1)	½ C	1 C
Parmesan Cheese	1)	¼ C	½ C
Thyme		¼ oz	½ oz
Panko	2) 3)	¼ C	½ C
Flour	2)	2 T	4 T
Butter *	1)	2 T	4 T
Olive Oil *		1 T	2 T

\*Not Included

### Allergens

- 1) Milk
- 2) Wheat
- 3) Soy

### Tools

Medium Oven-Proof Pan, Peeler, Medium Bowl, Small Bowl, Whisk, Small Baking Dish

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 698 cal | Carbs: 84 g | Fat: 34 g | Protein: 25 g | Fiber: 18 g | Sodium: 532 mg

*Make sure to wash and dry produce before prepping or cooking!*



**1** Peel the **carrots** and **parsnips**. Then, using a vegetable peeler, shave the carrots and parsnips into ribbons lengthwise, rotating as necessary. Discard the inner cores. Strip the **thyme** leaves off the stems and roughly chop. Halve, peel, and finely mince the **onion**. Halve the **lemon**.

**2** **Make the béchamel sauce:** Heat **2 Tablespoons butter** in a medium oven-proof pan over medium heat. Add the **onion** to the pan and cook, stirring constantly, for 3-4 minutes, until softened. Add **half the thyme** to the pan and cook for 30 seconds, until fragrant. Whisk the **flour** into the onion mixture and cook, whisking constantly, for 1 minute. Slowly (¼ cup at a time) whisk in the **milk**, stirring to incorporate between each addition. Bring to a boil, whisking constantly, until thickened. Reduce to a simmer and season with **salt** and **pepper**.

**3** Preheat the broiler to high or the oven to 500 degrees. Add the **carrot** and **parsnips** to the pan and toss to coat in the **béchamel sauce**. Simmer for 7-10 minutes, until the carrots and parsnips are al dente and the sauce has thickened. Taste and season with **salt** and **pepper**, if necessary.

**4** **Make the breadcrumb topping:** Meanwhile, combine in a small bowl the **panko**, **Parmesan**, and the **remaining thyme**. Season with **salt** and **pepper**.

**HINT:** For a super-crispy topping, add a drizzle of olive oil.

**5** Remove the pan from the heat and stir in the **Gruyère cheese**. If you do not have an oven-proof pan, transfer mixture to a small baking dish (8x8"). Top with the **breadcrumb topping** and place the pan under the broiler for 2-3 minutes, until golden brown.

**6** **Dress the arugula salad:** In a medium bowl, toss together the **arugula**, a **squeeze of lemon**, and **1 Tablespoon olive oil**. Season with **salt** and **pepper**.

**7** Serve the **parsnip and carrot gratin** divided between plates, with the **salad** to the side. Enjoy!