



# Bacon and Cabbage Bubble & Squeak with Roasted Carrots and Broccoli

Family 45 Minutes • 2 of your 5 a day

9



Potatoes



Carrot



Bacon Lardons



Savoy Cabbage



Spring Onion



Cheddar Cheese



Broccoli Florets



Panko Breadcrumbs



Creme Fraiche

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Colander, Baking Tray, Frying Pan, Grater, Bowl and Potato Masher.

## Ingredients

	2P	3P	4P
Potatoes**	1	450g	2
Carrot**	2	3	4
Bacon Lardons**	60g	90g	120g
Savoy Cabbage**	100g	150g	200g
Spring Onion**	2	3	4
Mature Cheddar Cheese** 7)	30g	45g	60g
Broccoli Florets**	200g	300g	400g
Panko			
Breadcrumbs 13)	25g	50g	50g
Creme Fraiche** 7)	150g	225g	300g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	2613/625	469/112
Fat (g)	37	7
Sat. Fat (g)	20	4
Carbohydrate (g)	47	8
Sugars (g)	13	2
Protein (g)	22	4
Salt (g)	1.36	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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You can recycle me!



## Start the Prep

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  tsp salt. Peel and chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook until tender, 15-20 mins, then drain in a colander and leave to the side. Meanwhile, trim the **carrots** (no need to peel), quarter lengthways and chop into roughly 5cm long batons. Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Set aside.



## Shape the Patties

Use your hands to shape the **potato and bacon mixture** into **patties** (2 per person) and place on a lined baking tray. **TIP: Careful - the mixture may be hot.** Drizzle over a little **oil**. Once the **carrots** have roasted for 10 mins, remove and add the **broccoli florets** to the tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.



## Finish the Prep

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **bacon lardons** and stir-fry until golden, 3-5 mins. Add the **savoy cabbage** and season with plenty of **pepper**. Stir-fry with the **bacon** until tender, 4-5 mins. **IMPORTANT: Wash your hands after handling raw meat. Cook bacon thoroughly.** Remove from the heat. Meanwhile, trim and thinly slice the **spring onions**. Grate the **cheese**. Halve any larger **broccoli florets**.



## Bake the Bubble and Squeak

Return the **veg** to the middle shelf and put the **bubble and squeak patties** on the top shelf of the oven to bake until lightly browned and crispy, 15-17 mins. Meanwhile, add the remaining **creme fraiche** to a small bowl and season with a pinch of **salt** and lots of **pepper**. Stir to combine.



## Mix the Patties

Pop your **carrots** onto the top shelf of your oven to roast for 10 mins. Meanwhile, put the **cabbage** and **bacon** into a large bowl. Pop the **cooked potatoes** back into their pan and mash until smooth. Add the **mash** to the **cabbage** and **bacon** along with the **cheese** and **breadcrumbs**. Season to taste with **salt** and **pepper**, then add **half** the **spring onions** and a **third** of the **creme fraiche**. Mix everything together until well combined.



## Finish and Serve

Serve the **bubble and squeak** with the **roasted veg** on the side and a spoonful of **creme fraiche**. Finish with a sprinkling of the remaining **spring onions** for those who'd like them.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.