



Honey Bacon Christmas Sprouts with Toasted Hazelnuts

Special Sides 25 Minutes • 1 of your 5 a day

3A



Brussels Sprouts



Hazelnuts



Bacon Lardons



Honey

Before you start

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

Cooking tools, you will need:

Baking Tray, Frying Pan and Bowl.

Ingredients

	Quantity
Brussels Sprouts**	300g
Hazelnuts 2)	25g
Bacon Lardons**	60g
Honey	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	200g	100g
Energy (kJ/kcal)	1023 /244	512 /122
Fat (g)	16	8
Sat. Fat (g)	3	1
Carbohydrate (g)	15	7
Sugars (g)	11	6
Protein (g)	12	6
Salt (g)	0.86	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



1



2



3



Prep your Brussels

a) Preheat your oven to 200°C. Trim the **Brussels sprouts** and halve them through the root.

b) Pop the **Brussels sprouts** on to a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and toss to coat.

c) Roast on the top shelf of your oven until browned and tender, 18-20 mins. Turn halfway through. Meanwhile, roughly chop the **hazelnuts**.

Toast the Nuts

a) When the **sprouts** have about 10 mins cooking time left, pop a medium frying pan on medium heat (no oil).

b) Once hot, add the **hazelnuts** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily.

c) Once toasted, remove to a bowl and set aside.

Honey Bacon Time

a) Pop your frying pan back on medium high heat. When hot add a drizzle of **oil** and the **bacon lardons**. Stir-fry until golden and crispy, 3-4 mins, then add the **honey** and **2 tbsp** of **water**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Simmer until sticky, 1-2 mins, then remove from the heat.

b) Toss the **roasted sprouts** in the pan and mix them with the **sticky honey bacon**.

c) Serve in a large sharing bowl with a sprinkling of **toasted hazelnuts**.

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.