



Bacon and Savoy Cabbage Bubble and Squeak with Roasted Carrots and Tenderstem

CLASSIC 30 Minutes • 2 of your 5 a day

N° 21



Potato



Carrot



Chives



Cheddar Cheese



Streaky Bacon



Sliced Savoy Cabbage



Panko
Breadcrumbs



Crème Fraîche



Tenderstem
Broccoli®

Before you start

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

Basic cooking tools, you will need:

Large Saucepan, Peeler, Colander, Two Baking Tray and Coarse Grater.

Ingredients

	2P	3P	4P
Potato**	1	1	2
Carrot**	2	3	4
Chives**	1 bunch	1 bunch	1 bunch
Cheddar Cheese 7**)	1 block	1½ blocks	2 blocks
Streaky Bacon**	4	6	8
Sliced Savoy Cabbage**	1 bag	1 bag	2 bags
Panko Breadcrumbs 13)	25g	40g	50g
Crème Fraîche 7)**	1 pouch	1½ pouches	2 pouches
Tenderstem	1 small	1 large	2 small
Broccoli 6**)	1 pack	1 pack	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	520g	100g
Energy (kJ/kcal)	2517/602	485/116
Fat (g)	36	7
Sat. Fat (g)	17	3
Carbohydrate (g)	60	12
Sugars (g)	15	3
Protein (g)	21	4
Salt (g)	1.45	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with a pinch of **salt**. Peel the **potatoes**, chop into 2cm chunks. When boiling, add the **potatoes** to the **water** and cook until tender, 12-15 mins, then drain in a colander. Meanwhile, trim the **carrot** (no need to peel), quarter lengthways, chop into roughly 5cm long batons. Pop the **carrots** on a baking tray, drizzle with **oil**, a pinch of **salt** and **pepper**. Set aside.



4. Make and Bake!

Mix the **mixture** together until completely combined, with your hands if it is cool enough and with a fork if not. Drizzle a little **oil** on a baking tray. Remove the **mixture** from the bowl to a board, shape the **mixture** into 2 **cakes** per person and place on the oiled tray. Drizzle over a little more **oil**, then bake on the top shelf of your oven until starting to get crispy edges, 15-20 mins.



2. Finish the Prep

Chop the **bacon** into 2cm wide strips.

IMPORTANT: Wash your hands after handling raw meat. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **bacon** and stir-fry until golden, 3-5 mins. **IMPORTANT:** The **bacon** is cooked when it is no longer pink in the middle. Add the **savoy cabbage**, a little more **oil** if needed and a grind of **pepper**. Stir-fry with the **bacon** until tender, 4-5 mins. Remove from the heat. Meanwhile, finely chop the **chives**, grate the **cheese** and set aside.



5. Roast The Broccoli

When the **carrots** have around 10 mins cooking time left, add the **broccoli** to the baking tray with them and toss to coat in the **oil**. Roast together for the remaining 10 mins of cooking time. Meanwhile, put the **creme fraiche** into a bowl with the remaining **chives** and a pinch of **salt** and **pepper**. Stir to combine, then leave to the side.



3. Make the Bubble

Pop your baking tray of **carrots** onto the middle shelf of your oven and roast until tender, 20-25 mins. Meanwhile, put the **cabbage** and **bacon** in a bowl. Pop the drained **potatoes** back into their pan and mash until smooth. Add the **potato** to the **cabbage** and **bacon** along with the **cheese**, **breadcrumbs**, a pinch of **salt** and **pepper**, half the **chives** and a third of the **creme fraiche**.



6. Finish and Serve

Serve the **bubble and squeak patties** with the **roasted veg** on the side and a spoonful of the **creme fraiche** with **chives**.

Enjoy!