



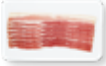








Bacon and Savoy Cabbage Bubble and Squeak with Roasted Carrots and Tenderstem

N° 9

FAMILY Hands On Time: 20 Minutes • Total Time: 30 Minutes • 2 of your 5 a day



-  Potato
-  Carrot
-  Streaky Bacon
-  Savoy Cabbage
-  Chives
-  Cheddar Cheese
-  Panko Breadcrumbs
-  Crème Fraîche
-  Tenderstem Broccoli®

Before you start

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

Basic cooking tools, you will need:

Saucepan, Vegetable Peeler, Two Baking Trays, Frying Pan and Potato Masher.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Carrot**	2	3	4
Streaky Bacon**	4	6	8
Savoy Cabbage**	1 small bag	1 large bag	2 small bags
Chives**	1 bunch	1 bunch	1 bunch
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Panko Breadcrumbs 13)	25g	40g	50g
Crème Fraîche 7)**	150g	225g	300g
Tenderstem Broccoli 8)**	1 small pack	1 large pack	2 small packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	520g	100g
Energy (kJ/kcal)	2531/605	487/116
Fat (g)	36	7
Sat. Fat (g)	17	3
Carbohydrate (g)	61	12
Sugars (g)	15	3
Protein (g)	21	4
Salt (g)	1.46	0.28

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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1. Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp 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**, season with **salt** and **pepper** and set aside.



4. Bake the Cakes

Mix the **mixture** together until completely combined, with your hands if it is cool enough and with a fork if not. Line a baking tray with baking paper. Remove the **mixture** from the bowl to a board, shape the **mixture** into 2 cakes per person and place on the lined baking tray. Drizzle over a little **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:** Cook the **bacon** throughout. Add the **savoy cabbage**, a little more **oil** if needed and season with **black 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 left of cooking 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 **crème fraîche** into a bowl with the remaining **chives**, a pinch of **salt** and **pepper**. Stir to combine, then leave to the side.



3. Make the Cakes

Pop your **carrots** onto the middle shelf of your oven to 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** and **breadcrumbs**. Season with **salt** and **pepper** and add **half** the **chives** and a **third** of the **crème fraîche**.



6. Finish and Serve

Serve the **bubble and squeak** with the **roasted veg** on the side and a spoonful of **chivey crème fraîche**.

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.