



# 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
<b>for uncooked ingredient</b>	<b>200g</b>	<b>100g</b>
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

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You can recycle me!



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2



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## 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.