



# Sweet Potato and Parsnip Gratin

with Cavolo Nero

**BALANCED** 20 Minutes • Under 600 Calories • 3 of your 5 a day • Veggie



Red Onion



Garlic Clove



Thyme



Panko Breadcrumbs



Hard Italian Style Grated Cheese



Vegetable Stock Powder



Sweet Potato



Parsnip



Chopped Cavolo Nero



Crème Fraîche



Wholegrain Mustard



Rocket

## Before you start

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

### Basic cooking tools, you will need:

Large Saucepan, Fine Grater (or Garlic Press), Large Frying Pan, Measuring Jug, Colander, Ovenproof Dish, and Large Bowl.

### Ingredients

	2P	3P	4P
Red Onion**	2	3	4
Garlic Clove**	1	2	2
Thyme**	½ bunch	¾ bunch	1 bunch
Panko Breadcrumbs <b>13</b>	10g	15g	20g
Hard Italian Style Grated Cheese** <b>7) 8)</b>	1 pack	1½ packs	2 packs
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Powder <b>10)</b>	1 sachet	1½ sachets	2 sachets
Sweet Potato**	1	1	1
Parsnip**	2	3	4
Chopped Cavolo Nero**	1 small bag	1 medium bag	1 large bag
Crème Fraîche** <b>7)</b>	150g	200g	300g
Wholegrain Mustard <b>9)</b>	1 pot	1½ pots	2 pots
Rocket**	1 bag	1 bag	1 bag

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	627g	100g
Energy (kJ/kcal)	2485 /594	397 /95
Fat (g)	32	5
Sat. Fat (g)	15	2
Carbohydrate (g)	73	12
Sugars (g)	30	5
Protein (g)	19	3
Salt (g)	1.65	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **8)** Egg **9)** Mustard **10)** Celery **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 Prepared

Preheat the oven to 200°C. Pop a large saucepan of **water** on to boil for the **root vegetables**. Halve, peel and thinly slice the **red onions**. Peel and grate the **garlic** (or use a garlic press). Pick the **thyme leaves** from their stalks and finely chop (discard the stalks). Pop the **panko breadcrumbs** and **hard Italian style cheese** in a small bowl. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Mix well to combine.



## 4. Finish the Filling

Stir the **creme fraiche** and **half** the **mustard** into the **onion mixture**, then remove from the heat. Carefully add the cooked **root veg** into the pan, add a pinch of **salt** and **pepper** and mix gently to combine. Add a splash of **water** if the **mixture** is a little dry. Transfer everything into an ovenproof dish and sprinkle with the **cheesy panko breadcrumbs**. Bake on the top shelf of your oven, until the topping is golden, 8-10 mins.

### BALANCED RECIPE

**Under 600 Calories • Low Salt • Low Sugar**

**Featured Ingredient: Rocket** is a leafy green vegetable, which is low in calories and can also be considered a cruciferous vegetable. Compared to other leafy greens such as Kale, rocket is higher in calcium. Calcium contributes to normal muscle function. It is great to add to dishes in order to bulk it up, as the calories in this leafy green are very minimal 25 kcal/100g.



## 2. Start the Filling

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **red onion** and cook until soft and jammy, 8-10 mins, stirring regularly. **TIP: Lower the heat if they are browning too quickly.** Once softened, stir in the **garlic** and **thyme**. Pour in the **water** (see ingredients for amount) and the **vegetable stock powder**. Stir to dissolve and reduce the heat to low.



## 5. Salad

In the meantime, mix the remaining **mustard** and a drizzle of **oil** together in large bowl. Add the **rocket** and toss to lightly coat the **leaves** in the **dressing**.



## 3. Cook the Veg

Peel and thinly slice the **sweet potato** into 1cm thick slices. Trim the **parsnip**, peel and thinly slice into 1cm thick slices as well. Once the **water** is boiling, pop the **veggies** and a good pinch of **salt** into the pan and boil until tender, 10-12 mins. **TIP: The veg are cooked when you can easily slip a knife through them.** Add the **cavolo nero** to the pan 3 mins before the end of the cooking time. Once cooked, drain all the **veggies** into a colander.



## 6. Serve

Serve the **gratin** with a good helping of **salad** alongside.

**Enjoy!**