

Brussels Sprout Mac & Cheese

with Caramelised Onion and Cheesy Crumb

Festive Flavours 35-40 Minutes • 2 of your 5 a day



Brussels Sprouts



Macaroni



Onion



Mature Cheddar
Cheese



Garlic Clove



Breadcrumbs



Grated Hard
Italian Style Cheese



Vegetable Stock
Paste



Creme Fraiche



Dijon Mustard



Bacon Lardons



Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter, Plain Flour

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, baking tray, colander, grater, garlic press, bowl and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Brussels Sprouts**	200g	300g	400g
Macaroni 13	180g	270g	360g
Onion**	1	1	2
Mature Cheddar Cheese** 7	90g	120g	180g
Garlic Clove**	2	3	4
Breadcrumbs 13	25g	37g	50g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Vegetable Stock Paste 10	10g	15g	20g
Crème Fraîche** 7	150g	225g	300g
Dijon Mustard 9 14	10g	15g	20g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
Plain Flour*	1½ tbsp	2 tbsp	3 tbsp
Water for the Sauce*	250ml	375ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	567g	100g	612g	100g
Energy (kJ/kcal)	4545/1086	802/192	5032/1203	823/197
Fat (g)	62.6	11.0	71.7	11.7
Sat. Fat (g)	33.6	5.9	36.5	6.0
Carbohydrate (g)	95.7	16.9	96.6	15.8
Sugars (g)	13.5	2.4	13.5	2.2
Protein (g)	35.6	6.3	43.3	7.1
Salt (g)	2.90	0.51	4.13	0.67

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **9**) Mustard **10**) Celery **13**) Cereals containing gluten **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Roast the Sprouts

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **macaroni**.

Meanwhile, trim the **Brussels sprouts**. Quarter them through the root, then pop them onto a baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until browned and tender, 15-18 mins. Turn halfway through.



Time for the Roux

Once the **onion** is cooked, add the **garlic** and stir-fry for 1 min more.

Melt in the **butter** (see pantry for amount), then stir in the **flour** (see pantry for amount). Cook until it forms a paste, 1-2 mins - you've made a **roux**!

Stir in the **water for the sauce** (see pantry for amount) a little at a time, followed by the **veg stock paste**. Bring to the boil, then stir and simmer until thickened, 1-2 mins.



Cook the Macaroni

When your pan of **water** is boiling, stir in the **macaroni** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain and pop back into the pan. Drizzle with **oil** to stop it sticking together.

Meanwhile, halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in another large saucepan on medium-high heat.

Once hot, add the **onion** and season. Fry, stirring occasionally, until golden, 8-10 mins.

CUSTOM RECIPE

If you're adding **bacon**, add it to the pan halfway through frying the **onion**. Stir-fry, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Get Cheesy

Stir the **crème fraîche** and **Dijon mustard** (add less if you'd prefer) into the **sauce**, then remove from the heat. Stir through the **Cheddar** until melted, then season with **salt** and **pepper**.

Meanwhile, turn your grill on to high.

Once the **Brussels sprouts** and **macaroni** are cooked, gently stir them through the **cheese sauce**. Add a splash of **water** if it needs loosening a little.



Oh Crumbs

While the **onion** cooks, grate the **Cheddar cheese**. Peel and grate the **garlic** (or use a garlic press).

In a small bowl, combine the **breadcrumbs**, **hard Italian style cheese** and the **olive oil for the crumb** (see pantry for amount).

Season with **salt** and **pepper**, then set your **cheesy crumb** aside.



Grill and Serve

Transfer the **mac & cheese** to an appropriately sized ovenproof dish and sprinkle over the **cheesy crumb**.

Once hot, grill until golden and bubbling, 3-4 mins.

When ready, allow it to stand for a couple of mins before sharing between your bowls.

Enjoy!

