



# Double Cheese and Balsamic Onion Gratin

with Apple and Rocket Salad

Classic 40-45 Minutes • 1 of your 5 a day • Veggie

41



Potatoes



Garlic Clove



Red Onion



Balsamic Vinegar



Mixed Herbs



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Feta Cheese



Apple



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil



## 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, garlic press, colander, frying pan, ovenproof dish and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Red Onion**	1	1½	2
Balsamic Vinegar <b>14</b> )	24ml	36ml	48ml
Mixed Herbs	1 sachet	1 sachet	2 sachets
Creme Fraiche** <b>7</b> )	150g	225g	300g
Vegetable Stock Paste <b>10</b> )	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	40g	60g	80g
Feta Cheese** <b>7</b> )	100g	150g	200g
Apple**	1	1	2
Wild Rocket**	40g	60g	80g
Reserved Potato Water*	75ml	110ml	150ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Onions*	½ tsp	¾ tsp	1 tsp
Sugar for the Dressing*	¼ tsp	½ tsp	¾ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>568g</b>	<b>100g</b>
Energy (kJ/kcal)	3164 /756	557 /133
Fat (g)	46.7	8.2
Sat. Fat (g)	28.2	5.0
Carbohydrate (g)	65.7	11.6
Sugars (g)	18.4	3.2
Protein (g)	23.5	4.1
Salt (g)	2.70	0.48

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

## Allergens

**7)** Milk **8)** Egg **10)** Celery **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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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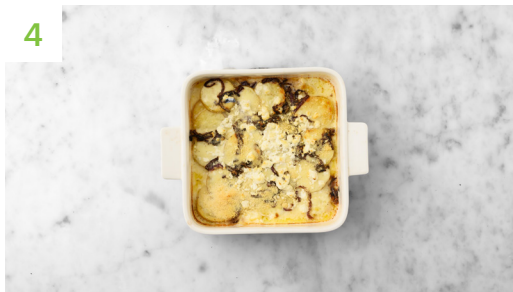
### Parboil the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** with **½ tsp salt** to the boil. Peel and slice the **potatoes** into 1cm thick rounds.

Peel and grate the **garlic** (or use a garlic press).

Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins. Once cooked, reserve some of the **potato water** (see pantry for amount), then carefully drain in a colander.



### Layer up and Bake

Lay **half** the **cooked potato slices** into an appropriately sized ovenproof dish. Top evenly with **half** the **caramelised onion**, then crumble over **half** the **feta**. Pour over the **creamy dauphinoise sauce**, then add a layer of the remaining **cooked potato slices**.

To finish, top with the remaining **caramelised onion**, **feta** and **hard Italian style cheese**.

Bake on the top shelf of your oven until golden brown and bubbling, 15-20 mins. **TIP:** Put the dish onto a **baking tray** to catch any drips.



### Caramelize the Onion

Meanwhile, halve, peel and thinly slice the **red onion**.

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 10-12 mins.

Remove from the heat, then add **half** the **balsamic vinegar** and the **sugar for the onions** (see pantry for amount). Cook until caramelised, 1-2 mins more.



### Apple Salad Time

In the meantime, quarter, core and thinly slice the **apple** (no need to peel).

In a large bowl, combine the remaining **balsamic vinegar** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Just before you're ready to serve, add the **rocket** and **apple** to the **dressing**. Toss together.

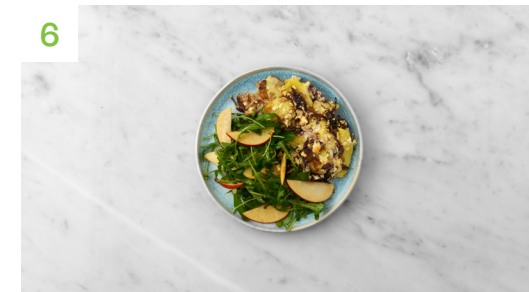


### Make the Creamy Sauce

Heat a drizzle of **oil** in the (now empty) pan used for the **potatoes**.

Once hot, add the **garlic** and **mixed herbs**. Cook until fragrant, 30 secs.

Add the **creme fraiche**, **veg stock paste**, **reserved potato water** and **half** the **hard Italian style cheese**. Stir to combine, bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**.



### Finish and Serve

When everything's ready, share your **cheese and balsamic onion gratin** between your plates.

Serve with the **apple salad** alongside.

Enjoy!