



Garlicky Bacon Cavolo Nero Side Dish with Toasted Hazelnuts

Special Sides 10-15 Minutes • 1 of your 5 a day

6A

Find all your unchilled Market items in bag A.



Garlic Clove



Hazelnuts



Bacon Lardons



Chopped Cavolo Nero

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press, rolling pin, frying pan, bowl and lid.

Ingredients

Ingredients	Quantity
Garlic Clove**	2
Hazelnuts 2)	25g
Bacon Lardons**	90g
Chopped Cavolo Nero**	200g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	163g	100g
Energy (kJ/kcal)	989 /236	609 /146
Fat (g)	18.8	11.5
Sat. Fat (g)	3.7	2.3
Carbohydrate (g)	3.9	2.4
Sugars (g)	1.9	1.2
Protein (g)	13.3	8.2
Salt (g)	1.24	0.76

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

Allergens

2) Nuts

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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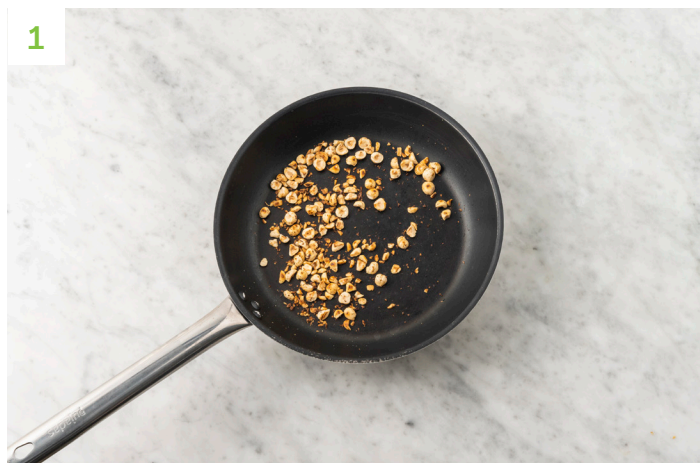
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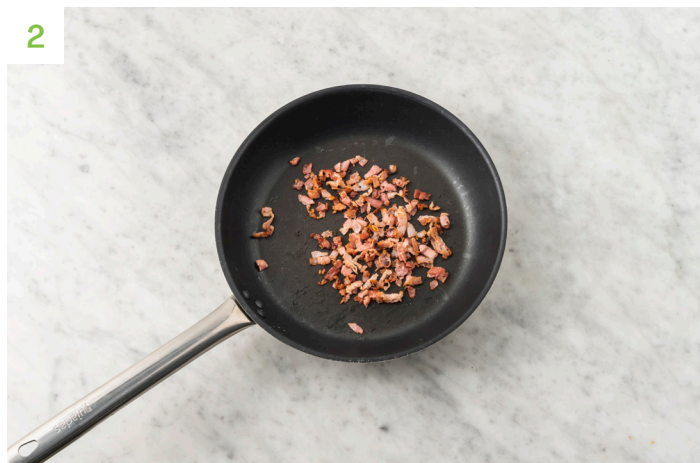
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Hey Hazelnuts

- Peel and grate the **garlic** (or use a garlic press).
- Roughly crush the **hazelnuts** in the unopened sachet using a rolling pin.
- Heat a medium frying pan on medium heat (no oil). Once hot, add the **hazelnuts** and dry-fry, stirring regularly, until toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.
- Once toasted, remove from the pan to a bowl and set aside. Keep the pan for the next step.

Bring on the Bacon

- Return your (now empty) frying pan to medium-high heat and add a drizzle of **oil**.
- Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.
- Once cooked, add the **lardons** to a bowl and cover to keep warm. Keep the pan for the next step.

Finish and Serve

- Pop the (now empty) frying pan back on high heat and add another drizzle of **oil**. **TIP:** Discard any tough stalks from the cavolo nero.
- Once hot, add the **cavolo nero** and a splash of **water** and cover with a **lid** or some foil until wilted, 3-4 mins. Add the **garlic** and stir-fry for 1 min more. Season to taste with **salt** and **pepper**.
- Once the **cavolo nero** is cooked, add the **bacon** and **hazelnuts** to the pan. Mix together, then transfer to a serving dish to finish.

Enjoy!