



Cheesy Bacon Meatball Bites

with Toasted Hazelnuts and an Apple and Sage Glaze

Matchday Bites 25-35 Minutes

7A

Find all your unchilled Market items in bag A.



Mature Cheddar Cheese



British Pork and Oregano Sausage Meat



Hazelnuts



British Smoked Bacon Lardons



Apple and Sage Jelly

Pantry Items
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

Baking paper, baking tray, frying pan and bowl.

Ingredients

Ingredients	Quantity
Mature Cheddar Cheese** 7)	40g
British Pork and Oregano Sausage Meat** 14)	225g
Hazelnuts 2)	12.5g
British Smoked Bacon Lardons**	60g
Apple and Sage Jelly	25g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	181g	100g
Energy (kJ/kcal)	2157 /516	1190 /284
Fat (g)	37.4	20.6
Sat. Fat (g)	14.9	8.2
Carbohydrate (g)	14.5	8.0
Sugars (g)	9.0	5.0
Protein (g)	26.3	14.5
Salt (g)	2.76	1.52

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 7) Milk 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, mollusc, 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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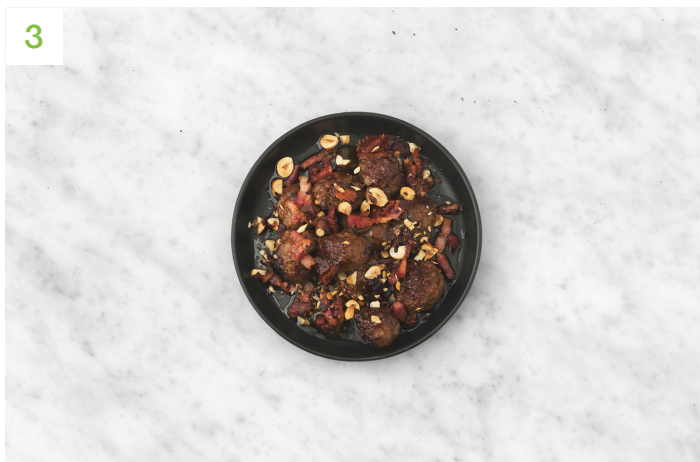
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2



3



To Start

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

b) Cut the block of **Cheddar** lengthways, then set aside **half** to use for another recipe. Cut the remaining **Cheddar** lengthways again to create 2 equal batons. Chop each baton into 5 pieces to create 10 equal cubes.

c) Divide the **sausage meat** into 10 equal pieces, then press 1 cube of **cheese** into the centre of each **piece**, sealing the **sausage meat** tightly around the **cheese**.

d) Pop the **meatballs** onto a lined baking tray and bake on the top shelf until browned on the outside and cooked through, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. They're cooked when no longer pink in the middle.

Prep the Toppings

a) Meanwhile, roughly chop **half** the **hazelnuts**. **TIP:** Save the other half of the hazelnuts for another recipe.

b) Heat a large frying pan on medium heat (no oil). Once hot, add the **chopped 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 and set aside in a small bowl.

c) Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.

d) Once hot, add the **bacon lardons**. Stir-fry until golden and crispy, 5-6 mins, then set aside in a small bowl. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

Get Glazing

a) Once the **meatballs** are cooked, return the (now empty) frying pan to medium heat.

b) Once hot, add the **meatballs** and the **apple and sage jelly**. Gently stir until the **meatballs** are coated and sticky, 1-2 mins.

c) Pop the **glazed meatballs** into your serving dish and scatter over the **bacon lardons** and **hazelnuts** to finish.

Enjoy!