



# Honey Glazed Bacon & Tenderstem<sup>®</sup> Broccoli Side with Toasted Pine Nuts

Special Sides 10-15 Minutes

21A

Find all your unchilled Market items in bag A.



British Smoked Bacon Lardons



Tenderstem<sup>®</sup> Broccoli



Pine Nuts



Lemon & Herb Seasoning



Honey

Pantry Items  
Oil, 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

Frying pan, lid and bowl.

## Ingredients

Ingredients	Quantity
British Smoked Bacon Lardons**	60g
Tenderstem® Broccoli**	150g
Pine Nuts	15g
Lemon & Herb Seasoning	1 sachet
Honey	15g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	783/187	650/155
Fat (g)	11.4	9.5
Sat. Fat (g)	2.6	2.1
Carbohydrate (g)	10.1	8.4
Sugars (g)	7.9	6.6
Protein (g)	9.8	8.1
Salt (g)	0.91	0.75

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

## Allergens

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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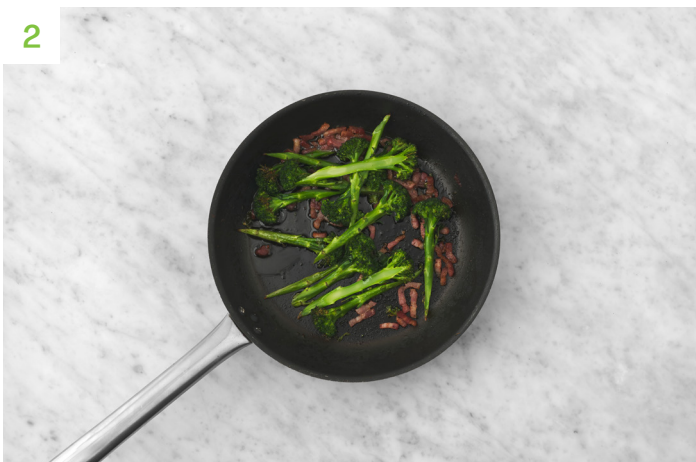
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1



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## Bring on the Bacon

**a)** Heat a drizzle of **oil** in a frying pan on medium-high heat.

**b)** 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.

**c)** Meanwhile, halve any **thick broccoli stems** lengthways.

## Cook the Tenderstem®

**a)** Once the **bacon** is cooked, add the **broccoli** and season with **pepper**. Fry for 1 min, then add a splash of **water** and immediately cover with a lid or some foil.

**b)** Cook until the **broccoli** is tender, 3-4 mins.

**c)** While everything cooks, heat a small frying pan on medium heat (no oil). Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.

**TIP:** Watch them like a hawk as they can burn easily.

## Finish and Serve

**a)** Once the **broccoli** and **bacon** are cooked, remove from the heat and stir through the **lemon & herb seasoning**, **honey** and **toasted pine nuts**. Mix to fully coat. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

**b)** Transfer to a serving dish to finish.

Enjoy!