



Caramelised Onion & Mushroom Pan-Fried Cheese Toastie with Truffle Chips and Balsamic Brussels Sprouts

21

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



Potatoes



Onion



Brussels Sprouts



Garlic Clove



Balsamic Vinegar



Mature Cheddar Cheese



Ciabatta



Sliced Mushrooms



Truffle Zest



British Streaky Bacon



Pantry Items

Oil, Salt, Pepper, Butter, Sugar, Honey, Mayonnaise

+ Add Streaky Bacon

If you chose to add streaky bacon, 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

Baking tray, frying pan, baking paper, garlic press and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion	1	1½	2
Brussels Sprouts**	200g	300g	400g
Garlic Clove**	2	3	4
Balsamic Vinegar 14)	12ml	18ml	24ml
Mature Cheddar Cheese**	80g	120g	160g
Ciabatta 13)	2	3	4
Sliced Mushrooms**	180g	300g	360g
Truffle Zest	1 sachet	1½ sachets	2 sachets
British Streaky Bacon**	4 rashers	6 rashers	8 rashers
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Sugar*	1 tsp	1½ tsp	2 tsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	663g	100g	693g	100g
Energy (kJ/kcal)	3469 /829	524 /125	3826 /915	553 /132
Fat (g)	36.1	5.5	42.9	6.2
Sat. Fat (g)	15.4	2.3	18.3	2.6
Carbohydrate (g)	104.8	15.8	104.8	15.1
Sugars (g)	19.4	2.9	19.4	2.8
Protein (g)	26.4	4.0	31.9	4.6
Salt (g)	2.16	0.33	3.15	0.45

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

Allergens

7) Milk **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, 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.

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1 Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



4 Build your Sandwich

When the **onion** has caramelised, add the **mushrooms** to the pan. Fry, stirring occasionally, until browned, 5-6 mins. Grate the **Cheddar cheese**. Halve the **ciabattas**.

Add the **garlic** to the **mushrooms** for the last min of cooking time and fry, 1 min.

Spoon the **mushrooms** onto the **base** of each **ciabatta**. Top with the **cheese**, then sandwich shut with the **ciabatta lids** and firmly press all the **ingredients** inside.

+ Add Streaky Bacon

Add the **bacon rashers** to the **toastie filling** before the **cheese**.



2 Finish the Prep

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

Heat the **butter** (see pantry for amount) in a large frying pan on medium heat.

Once melted, add the **onion**, season and fry, stirring occasionally, until golden, 10-12 mins. Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.

While the **onion** fries, trim the **Brussels sprouts** and halve through the root. Peel and grate the **garlic** (or use a garlic press). Pop the **Brussels sprouts** onto a baking tray. Drizzle over some **oil** and season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



5 Nice and Toastie

Give the frying pan a quick wipe, then add a drizzle of **oil** and return to a medium-high heat.

Once hot, add the **sandwiches**, pressing down with a spatula or heavy-bottomed pan. Cook, pressing occasionally, until the **bread** is golden and toasted and the **cheese** has melted, 2-4 mins per side.

Once the **sprouts** are roasted, drizzle over the **honey** (see pantry for amount) and toss until coated.

Once the **chips** are ready, sprinkle over the **truffle zest** and toss together.



3 Roast the Sprouts

When the **chips** have 20 mins remaining, pop the **sprouts** in the oven and roast on the middle shelf until browned and tender, 18-20 mins.

Turn the **sprouts** halfway through and toss in the **balsamic vinegar**, then return to the oven for the remaining roasting time.

+ Add Streaky Bacon

If you're adding **bacon**, cook the **sprouts** on one side of the baking tray. Once the **sprouts** have cooked for 5 mins, lay the **bacon** onto the other side of the tray and bake, 10-15 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



6 Serve

When everything's ready, share the **grilled cheese sandwiches** between your plates.

Serve the **honey-balsamic Brussels sprouts** and **truffle chips** alongside with the **mayo** (see pantry for amount) for dipping.

Enjoy!

