



ONE-TRAY BRUSSEL SPROUT & ROASTED ALMOND BAKE

with Baby Spinach & Shaved Parmesan



Learn to love brussel sprouts!



Brussel Sprouts



Brown Onion



Garlic



Parmesan Cheese



Butter Beans



Slivered Almonds



Dijon Mustard



Baby Spinach Leaves

Pantry Staples



Olive Oil



Vinegar (Red Or White Wine)



Hands-on: 15 mins

Ready in: 40 mins

Our recipe developers know good food and two of their absolute favourite winter ingredients are brussel sprouts and butter beans. They may not be the most famous or popular of winter fare, but just try them in this recipe and we're sure they'll become your favourites, too!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, vegetable peeler, oven tray lined with baking paper, colander, small bowl, spoon** and a **large bowl**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Trim the ends off the **brussel sprouts** and slice into quarters. Slice the **brown onion** into 1 cm wedges. Finely grate $\frac{1}{2}$ of the **Parmesan cheese** and use a vegetable peeler to shave the **remaining** $\frac{1}{2}$ into pieces. Peel and finely grate the **garlic**.



2 ROAST THE BRUSSEL SPROUTS

Place the **brussel sprouts** and the **brown onion** onto the oven tray lined with baking paper. Sprinkle over the **grated Parmesan**, the **garlic** and a **drizzle of olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat and spread evenly across the tray. Place in the oven to cook for **10-12 minutes**, or until tender. **TIP:** Roasting brussel sprouts until they turn golden brings out their natural sweetness.



3 ADD THE BEANS & ALMONDS

Drain and rinse the **butter beans**. Once the brussel sprouts have finished cooking, remove the tray from the oven and scatter the butter beans and the **slivered almonds** across the tray. Place the tray back into the oven and cook for a further **5 minutes**, or until the almonds are lightly browned.



4 MAKE THE DIJON DRESSING

In a small bowl, combine the **Dijon mustard**, a **drizzle of olive oil**, the **vinegar** and a **pinch of salt** and **pepper**. Mix together and set aside.



5 MIX IT ALL TOGETHER

In a large bowl, add the **baby spinach leaves** and the roasted **brussel sprouts, onion, butter beans** and **slivered almonds**. Drizzle over the **Dijon dressing** and toss to coat. **TIP:** Dress the vegetables just before serving to avoid soggy leaves.



6 SERVE UP

Divide the brussel sprout and butter bean bake between bowls and sprinkle over the **shaved Parmesan**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brussel sprouts	1 packet (300 g)	2 packets (600 g)
brown onion	1	2
Parmesan cheese	1 block (50 g)	2 blocks (100 g)
garlic 🌱	1 clove	2 cloves
butter beans	1 tin (400 g)	2 tins (800 g)
slivered almonds	1 packet (2 tbs)	2 packets (4 tbs)
Dijon mustard	1 tub (40 g)	2 tubs (80 g)
vinegar* (red or white wine)	2 tsp	1 tbs
baby spinach leaves	1 bag	2 bags

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2280kJ (545Cal)	409kJ (98Cal)
Protein (g)	23.5g	4.2g
Fat, total (g)	40.8g	7.3g
- saturated (g)	8.9g	1.6g
Carbohydrate (g)	15.4g	2.8g
- sugars (g)	11.9g	2.1g
Sodium (g)	493mg	88mg

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Hello@HelloFresh.com.au

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