

ONE-TRAY BRUSSEL SPROUT & ROASTED ALMOND BAKE

with Baby Spinach & Shaved Parmesan





Learn to love brussel sprouts!





Brussel Sprouts

Brown Onion





Parmesan Cheese







Butter Beans

Slivered Almonds





Dijon Mustard

Baby Spinach Leaves

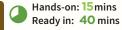
Pantry Staples





Olive Oil

Vinegar (Red Or White Wine)



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!

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**.



Preheat the oven to 220°C/200°C fanforced. Trim the ends off the brussel sprouts and slice into quarters. Slice the brown onion into 1 cm wedges. Finely grate ½ of the Parmesan cheese and use a vegetable peeler to shave the remaining ½ into pieces. Peel and finely grate the garlic.



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.



Jadd 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.



AMAKE 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.



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!

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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