

Trio of Christmas Vegetable Sides






Balsamic Braised Red Cabbage, Honey Roasted Roots and Nutty Bacon Sprouts

Build Your Own Feast The Night Before: 1 hour 20 mins • The Day Of: 45 mins • 4 of your 5 a day







Build Your Own Christmas Feast



Balsamic Red Cabbage

	
Red Cabbage	Apple
	
Red Onion	Redcurrant Jelly
	
Balsamic Glaze	

Honey Roasted Roots

	
Carrot	Parsnip
	
Honey	Toasted Flaked Almonds

Nutty Bacon Sprouts

	
Brussels Sprouts	Toasted Flaked Almonds
	
British Smoked Bacon Lardons	Honey



Whether you're preparing for a big Christmas Day feast or simply planning a festive meal anytime in December, this recipe has you covered. In this recipe, you'll find helpful steps split between 'To do the night before' and 'To do on the day', perfect for spreading out the preparation (if you do want to just do it all in one day, that's also fine!).

Scan the QR code for an easy-to-follow **Christmas Day time plan**, created by Chef Mimi, designed to guide you through cooking all of your festive dishes with ease. If you've ordered other recipes from our Build Your Own Feast selection, they'll be included in the time plan too. **Happy cooking!**

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Peeler, grater, saucepan, lid, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Cabbage**	1	1	1
Apple**	1	2	2
Red Onion	1	2	2
Balsamic Glaze 14)	24ml	36ml	48ml
Redcurrant Jelly	50g	74g	100g
Carrot**	2	3	4
Parsnip**	2	3	4
Honey	30g	45g	60g
Toasted Flaked Almonds 2)	15g	25g	25g
Brussels Sprouts**	200g	300g	400g
British Smoked Bacon Lardons**	60g	90g	120g

Pantry	2P	3P	4P
Sugar*	2 tsp	3 tsp	4 tsp
Water*	300ml	450ml	600ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 751g	Per 100g 100g
Energy (kJ/kcal)	2206 /527	294 /70
Fat (g)	21.6	2.9
Sat. Fat (g)	8.1	1.1
Carbohydrate (g)	69.5	9.3
Sugars (g)	57.0	7.6
Protein (g)	14.6	1.9
Salt (g)	1.20	0.16

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

Allergens

2) Nuts **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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Balsamic Braised Red Cabbage

To do the Night Before:

- Quarter the **red cabbage**, remove and discard the tough white core. Slice as finely as you can.
- Peel, quarter, core and grate the **apple**. Halve, peel and thinly slice the **red onion**. Pop a large saucepan on medium-high heat with a drizzle of **oil**. Add the **onion** to the pan and stir-fry until softened, 4-5 mins.
- Add the **cabbage**, **apple**, **balsamic glaze**, **sugar** and **water** (see pantry for both amounts) to the pan. Season with **salt** and **pepper**. Stir together and bring to a boil, then reduce to medium-low heat. Cover with a lid (or foil) and leave to gently simmer until the **cabbage** has completely softened, 45-50 mins. Stir every now and then to make sure it doesn't catch.
- Once softened, remove the lid, increase the heat to medium-high and simmer until the liquid has evaporated, 5-10 mins.
- Stir in the **redcurrant jelly** and **butter** (see pantry for amount) until melted. Taste and season with **salt** and **pepper**. Cover and pop into the fridge ready to be reheated tomorrow.

To do on the Day:

- About 15 mins before you're ready to serve, pop the **cooked red cabbage** into a saucepan, cover with a lid and put on medium heat. Warm through until piping hot, 5-10 mins. Stir occasionally and add a splash of **water** if it looks a little dry. Serve in a bowl.

Honey Roasted Roots

To do the Night Before:

- Trim the **carrots** and **parsnips**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop into a large bowl, cover then refrigerate.

To do on the Day:

- Preheat the oven to **220°C/200°C fan/gas mark 7**.
- Pop the **carrots** and **parsnips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. Roast on the top shelf until tender, 20-25 mins. Turn halfway through.
- Once roasted, drizzle over **half** the **honey**. Serve and finish by sprinkling over **half** the **flaked almonds** (the rest of the **almonds** are for the **sprouts**).

Nutty Bacon Sprouts

To do the Night Before:

- Trim the **Brussels sprouts**. Quarter them through the root, then pop them onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the middle shelf until browned and tender, 15-18 mins. Turn halfway through. Pop the **sprouts** in a bowl, allow to cool, cover and refrigerate overnight.

To do on the Day:

- About 15 mins before you're ready to serve, heat a drizzle of **oil** in a frying pan on medium-high heat. 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.*
- Mix in the **roasted sprouts**, drizzle over **half** the **honey** and stir together until nicely sticky and the **sprouts** are piping hot. Taste and season with **salt** and **pepper** if needed. Serve and sprinkle over **half** the **flaked almonds** to finish (the rest of the **almonds** are for the **roots**).