



Bacon & Kale Bubble and Squeak with Roasted Carrots and Broccoli

Family 45 Minutes • 2 of your 5 a day



-  Potato
-  Carrot
-  Bacon Lardons
-  Kale
-  Chives
-  Cheddar Cheese
-  Broccoli
-  Panko Breadcrumbs
-  Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Colander, Baking Tray, Frying Pan, Wooden Spoon, Grater, Bowl.

Ingredients

	2P	3P	4P
Potato**	1	1 pack	2
Carrot**	2	3	4
Bacon Lardons**	60g	90g	120g
Kale**	100g	150g	200g
Chives**	1 bunch	1 bunch	1 bunch
Cheddar Cheese 7)**	30g	45g	60g
Broccoli**	1	1½	2
Panko Breadcrumbs 13)	25g	50g	50g
Crème Fraîche 7)**	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	613g	100g
Energy (kJ/kcal)	2629 / 628	429 / 102
Fat (g)	36	6
Sat. Fat (g)	16	3
Carbohydrate (g)	62	10
Sugars (g)	15	3
Protein (g)	23	4
Salt (g)	1.32	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Start the Prep

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ **tsp** of **salt**. Peel and chop the **potatoes** into 2cm chunks. When boiling, add the **potatoes** to the **water** and cook until tender, 15-20 mins, then drain in a colander and leave to the side. Meanwhile, trim the **carrots** (no need to peel), quarter lengthways and chop it into roughly 5cm long batons. Pop the **carrots** on a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Set aside.



Shape the Patties

Bring the mixture together until completely combined, with your hands if it is cool enough and with a spoon if not. Shape the mixture into **2 patties** per person and place on a lined baking tray. Drizzle over a little **oil**. Once the **carrots** have been in your oven for 10 mins, remove and add the **broccoli** to the tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.



Finish the Prep

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **bacon lardons** and stir-fry until golden, 3-5 mins. Add the **kale**, a little more **oil** if needed and a grind of **pepper**. Stir-fry with the **bacon** until tender, 4-5 mins. **IMPORTANT:** Wash your hands after handling raw meat. Cook bacon thoroughly. Remove from the heat. Meanwhile, finely chop the **chives** and grate the **cheese**. Separate the **broccoli** into **florets** (like little trees).



Bake the Patties

Roast the **veg** on the middle shelf of the oven until tender and crispy and bake the **bubble and squeak patties** on the top shelf until lightly browned and crispy, 15-17 mins. Meanwhile, put the remaining **crème fraîche** into a bowl with the remaining **chives** and a pinch of **salt** and **pepper**. Stir to combine, then leave to the side.



Mix the Patties

Pop your **carrots** onto the top shelf of your oven to roast for 10 mins. Meanwhile, put the **kale** and **bacon** in a bowl. Pop the **drained potatoes** back into their pan and mash until smooth. Add the **potato** to the **kale** and **bacon**, along with the **cheese** and **breadcrumbs**. Season with **salt** and **pepper**, add **half** the **chives** and a **third** of the **crème fraîche**.



Finish and Serve

Serve the **bubble and squeak** with the **roasted veg** on the side and a spoonful of **chive crème fraîche**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.