



FEB
2017

Brussels Sprout Crumble

with Mushrooms, Parmesan Breadcrumbs and Hazelnuts

A creamy mixture of Brussels sprouts, mushrooms, and Parmesan is offset by tangy Dijon mustard and crunchy hazelnuts. Served over a bed of hearty brown rice, this dish is both comforting and wholesome.



Prep
30 min



level 1



veggie



Brussels Sprouts



White Mushrooms



Brown Rice



Parmesan



Thyme



Dijon Mustard



Sour Cream



Hazelnuts



Garlic



Vegetable Broth
Concentrate



Panko Breadcrumbs

Ingredients

	2 People	4 People
Brussels Sprouts, shredded	1 pkg (113 g)	2 pkg (227 g)
White Mushrooms	1 pkg (227 g)	2 pkg (454 g)
Brown Rice	1 pkg (170 g)	2 pkg (340 g)
Parmesan 1)	1 pkg (113 g)	2 pkg (227 g)
Thyme	1 pkg (7 g)	1 pkg (7 g)
Panko Breadcrumbs 2)	1 pkg (½ cup)	2 pkg (1 cup)
Dijon Mustard 3) 5)	2 pkg (1 tbsp)	4 pkg (2 tbsp)
Sour Cream 1)	1 pkg (3 tbsp)	2 pkg (6 tbsp)
Hazelnuts, chopped 4)	1 pkg (28 g)	2 pkg (56 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Vegetable Broth Concentrate	1 pkg	2 pkg
Butter* 2)	2 tbsp	4 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé
- 3) Mustard/Moutarde
- 4) Treenuts/Noix
- 5) Sulphites/Sulfites

Tools

Medium Pot, Measuring Cups, Measuring Spoons, Large Oven-Proof Pan, Small Non-Stick Pan, Small Bowl, Strainer

Ruler

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Nutrition per person Calories: 925 cal | Fat: 42 g | Protein: 40 g | Carbs: 99 g | Fibre: 7 g | Sodium: 1577 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

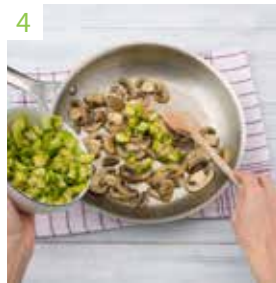
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1 Preheat the broiler to high (to broil the crumble.)

2 Cook the rice: Rinse the **rice** under cold tap water until the water runs clear. Heat a medium pot over medium-high. Add **half the butter** and melt, swirling the pot occasionally, until it smells nutty and turns dark brown, 2-4 min. Add the rice. Toast, stirring occasionally, 3-4 min. Add **2½ cups water** (double for 4 people) and a pinch of **salt**. Bring to a boil, then reduce the heat to medium. Cover with a lid and simmer until the rice is tender, 23-25 min. Drain excess liquid, if needed.

4



3 Prep: Wash and dry all produce. Strip **1 tbsp thyme leaves** (double for 4 people) off the stem, then roughly chop. Mince or grate the **garlic**. Thinly slice the **mushrooms**.

4 Cook the veggies: Heat a large oven-proof pan over medium-high heat. Add a drizzle of **oil**, then the **mushrooms**. Cook, stirring, until browned, 4-5 min. Add the **Brussels sprouts** and cook until softened, 3-4 min. Add the **thyme** and **garlic**. Cook until fragrant, 30 sec. Season with **salt** and **pepper**.

5



5 Add ½ cup water (double for 4 people) and **broth concentrate(s)** to the pan. Simmer, 3-4 min. Remove pan from the heat and stir in the **sour cream**, **mustard**, **remaining butter** and **half the Parmesan cheese**.

6 Make the crumble: In a small bowl, combine the **panko** and **remaining Parmesan**. Sprinkle over the top of the **Brussels sprout mixture**. Transfer the pan into the oven and broil until golden-brown, 5-7 min. (**TIP:** If you do not have an oven-proof pan, transfer the Brussels sprout mixture to a baking dish before sprinkling with the panko and remaining Parmesan.)

6



7 Finish and serve: Meanwhile, heat a small non-stick pan over medium heat. Add the **hazelnuts** to the dry pan. Cook, stirring often, until golden and toasted, 2-3 min. Serve the **Brussels sprout crumble** on a bed of **brown rice**, sprinkled with **hazelnuts**. Enjoy!

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