

# Festive

FUN



## ULTIMATE BRUSSEL SPROUTS

### INGREDIENTS

- ❖ 1kg pre trimmed sprouts.
- ❖ 6 rashers streaky bacon or smoked back bacon if you prefer cut into thin strips.
- ❖ 2 shallots or 1 small white onion cut into small pieces.
- ❖ Salt and pepper to taste.
- ❖ 2 teaspoons butter.
- ❖ Dash of rapeseed oil.

### METHOD

**STEP 1-** Cut the sprouts in half lengthways then lay flat on the board and finely slice.

**STEP 2-** Heat the oil in a large non - stick frying pan and add the onion/shallot.

**STEP 3-** Fry for 2-3minutes on a medium heat then add the bacon and cook until the bacon starts to colour.

**STEP 4-** Now add the sprouts to the pan and cook for 3-4 minutes then add the butter and reduce the heat, stirring continuously for another 3-4 minutes

**STEP 5-** Taste the sprouts and season to taste.

