



Recipe of the Week

BACON & BRUSSEL SPROUTS

Brussel sprouts are at their best after the hard frosts, and this makes a quick and easy lunch

Serves 6

Ingredients

48 (approx) Brussel sprouts

6 rashers bacon

1 tab olive oil

Method

1. Heat oil, fry bacon until crisp
2. Add quartered brussel sprouts to frying pan and toss until cooked.
3. Serve sprinkled with toasted almonds.