



Recipe of the Week

ROASTED BRUSSEL SPROUTS

We've had a few frosty mornings lately, which is just what Brussel Sprouts love to make them tight and crisp. Roasting makes an excellent change from boiling and retains all the flavour.

Ingredients

14 Brussel Sprouts, halved
3 cloves garlic, finely sliced
1 tabspn fresh rosemary, chopped
3 tabspn olive oil
Handful of pecan nuts
Grated parmesan to serve (optional)
Handful dried cranberries (optional)

Method

1. Toss all ingredients together, except for the parmesan and cranberries.
2. Roast for 30-35 minutes, stirring every 10 minutes.
3. If you like, grate parmesan over the top and add dried cranberries before serving.