

## **NEW IDEAS FOR BRUSSEL SPROUTS:-**

Forget the mushy brussel sprout 'balls' from our times at school! The children at Red Hen love cabbage and brussel sprouts – try this quick method of cooking:-

### **STIR FRIED BRUSSEL SPROUTS**

- 3 tablespoons sunflower oil
- 2 shallots or 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 600g Brussels sprouts, finely shredded (or you can use finely shredded cabbage or a mix of both)

Optional extras:

- 1 chilli, finely chopped
- 4cm piece of fresh ginger, cut into very fine strips

Or

- A handful of dried cranberries
- A handful of chopped chestnuts (cooked)
- About chopped streaky bacon rashers

Heat the oil in a wok, add the shallots or onion, plus the garlic and other ingredients if used (eg. Chilli, bacon), and fry quickly for about 2 minutes, without browning. Add the shredded sprouts and other ingredients if used (eg. Cranberries, ginger, chestnuts)

Cook, stirring constantly, for 2 minutes. Add 3 tablespoons of water, cover and steam for 2 minutes. Season to taste and serve.

