



THE BEST BRUSSEL SPROUTS!

One of the signature elements in so many of my dishes, roasted Brussel sprouts are absolutely mouth watering

4 portions

INGREDIENTS

- 16 large brussels sprouts, cut into halves or quaters (304 g)
- 3 cloves of garlic, raw (9 g)
- 2 tsps of , cumin seed (4 g)
- 2 tablespoons of oil, olive, salad or cooking (27 g)
- Juice from 1/4 of a lemon

COOKING METHOD

- 1° Pre-heat oven to 180 degrees Celsius
- 2° Line baking tray with baking paper
- 3° In a bowl combine sprouts with garlic, cumin, salt, pepper and olive oil - mix well to combine and coat
- 4° Lay onto baking tray and bake for 20 - 25 minutes or until crispy and golden
- 5° Remove from oven and drizzle with lemon juice
- 6° Serve as a side or add as a tasty addition to a warm salad!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (94 g)	% DRI
ENERGY	108 kcal	101 kcal	5 %
FAT	8 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	25 mg	23 mg	1 %
CARBOHYDRATE	9 g	8 g	3 %
SUGARS	2 g	2 g	—
FIBER	3 g	3 g	12 %
PROTEIN	3 g	3 g	—