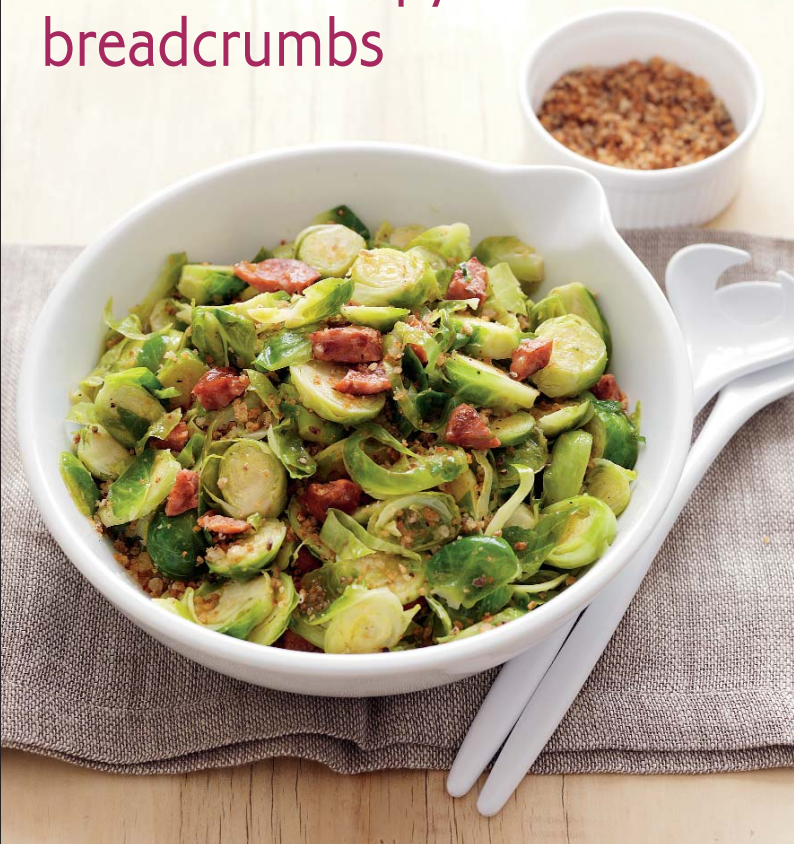


# Brussels sprouts with chorizo & crispy breadcrumbs



## Brussels sprouts with chorizo & crispy breadcrumbs

**Preparation:** about 15 minutes  
**Cooking:** about 15 minutes  
**Serves:** 4

20 small Brussels sprouts, base trimmed  
2 tbs olive oil  
½ cup fresh multi-grain breadcrumbs  
1 chorizo sausage, finely diced  
1 tbs butter  
2 garlic cloves, finely chopped  
¼ cup dry white wine  
½ cup chicken stock  
Salt and ground black pepper

1. Plunge sprouts into a saucepan of boiling water and cook for 3 minutes. Drain and refresh in cold water. Cut sprouts into ½ cm slices. Set aside.
2. Heat 1 tbs oil a large non-stick frying pan over medium-high heat until hot. Add breadcrumbs and cook, stirring often, for 3–4 minutes until golden. Transfer to a plate. Add chorizo to pan and cook, stirring often, for 3 minutes. Transfer to a plate.
3. Add remaining oil and butter to pan and heat over medium heat. Add garlic and sprouts and cook, stirring often, for 2–3 minutes. Add wine and cook for 1 minute. Add stock, cover and bring to the boil, cook until just tender. Toss through chorizo. Season with salt and pepper to taste. Transfer to a serving bowl, sprinkle with breadcrumbs and serve.



### Brussels sprouts

- Close to the top of the class for all round nutrition, supplying dietary fibre, potassium and a range of vitamins (A, C, E and the B vitamins, B1, B2, B6, folate and pantothenic acid).
- Beta carotene is converted to vitamin A in the body and is important for eye health while vitamins C and E help fight inflammation and infection.
- Vitamins B1, B2, B6 and pantothenic acid are all involved in the way the body uses energy while folate is important for heart health.

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