

Brussels sprouts with chorizo & hazelnuts



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Preparation 15 mins | Cooking 20 mins | Serves 4 as a side dish

Choose Brussels sprouts no larger than a ping pong ball.

- 16 small Brussels sprouts, trimmed and quartered
- 1 chorizo sausage, finely chopped
- 1 tbs olive oil
- 1 tbs butter
- 1 small brown onion, peeled, halved and sliced
- 1 garlic clove, finely chopped
- ½ cup chicken stock
- ¼ cup roasted hazelnuts, chopped

STEP 1 Boil Brussels sprouts in a pan of boiling water for 3 minutes. Drain and refresh in cold water.

STEP 2 Meanwhile, heat a medium non-stick frying pan over medium heat. Add chorizo and cook, stirring often, for 5 minutes. Transfer to a plate.

STEP 3 Heat oil and butter in the frying pan over medium heat. Add onion and garlic, and cook, stirring often for 5 minutes or until tender. Add Brussels sprouts and cook, stirring often, for 3 minutes. Add stock, partially cover and simmer for 3 minutes. Stir in chorizo and hazelnuts, season with salt and pepper to taste and serve.

Good for you... **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 four of the B complex vitamins). 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 and B6 are all involved in the way the body uses energy while folate is important for heart health.

