

Becky Makes...

SPECIAL SPROUTS

1 small Onion, finely chopped
3-4 rashers Streaky Bacon
20 (approx.) Brussel Sprouts, trimmed and halved
200ml hot Chicken Stock
2 tablespoons Single Cream
Black pepper and nutmeg to season

Serves 4

Cook on the hob in a medium lidded frying pan. Transfer to a warm serving dish to serve.

1. Fry the bacon and onion together in the frying pan, until the onion is soft
2. Add the Brussel sprouts and fry for 2 minutes or until their colour brightens to vivid green
3. Pour the hot stock over the sprouts/bacon and bring to the boil
4. Reduce the heat to simmer then add the cream and put the lid on the pan. Cook for no more than 5 minutes
5. Season with black pepper and a little grated nutmeg
6. Empty the pan into a warm serving dish and serve as a delicious variant of a somewhat unpopular winter vegetable!

BONUS
RECIPE

(There is no demonstration video for Bonus Recipes)