

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Caramelised Brussell Sprouts

Ingredients

6 Brussell sprouts, washed

120g of butter

Salt to taste



The mere mention of Brussell sprouts can evoke strong reactions but these delicious vegetables are under rated. Caramelise them in some butter and you will have a new appreciation for them. Enjoy!!

Method

1. Cut each Brussell sprout in half.
2. Melt butter in a fry pan.
3. Place each sprout half; cut side down, into melted butter.
4. Let cook for up to 10 minutes. Regulate the heat (either by turning gas burner down at intervals or taking the fry pan off the heat at intervals for an electric stove top) to ensure that the butter does not burn.
5. Crack salt over the cooking sprouts.
6. Turn over and cook sprouts for another 5 minutes until browned.
7. Crack more salt over sprouts if desired.
8. Serve as a side dish.



Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves 2

For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au