



Roasted Brussel Sprouts

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Friday, 11th November 2016

Ingredients

- 300 g Brussels sprouts
- Ground black pepper
- Course Sea salt
- 100 ml Olive oil

Method

- Pre heat oven to 200°C.
- Place Brussels sprouts in a oven dish.
- Pour the olive oil on and season with salt and black pepper.
- Bake at 200°C shaking pan every 5 minutes to ensure more even browning.
- Roast until soft and quite dark in color.
- Serve hot as a side dish of vegetables

Serve 4 portions

