

ROASTED BRUSSELS SPROUTS MEDLEY

[VEGAN & GLUTEN FREE]

Serves: 4

Prep: 10-15 mins

Cooking Time: 30 mins

Type: Side Dish

**Tools: Sharp knife, chopping board, baking tray
(or roasting tin), colander, cheese grater**

Courtesy of: Eat2Health Blog



A toast to the Brussels sprouts and roasted veggie lovers alike! We took a lovely bunch of festive flavours and ingredients to produce a seriously tasty and wholesome mix of roasted veggies! Yes, delicious British sprouts, which, let's be honest, always taste sensational when slow roasted with a little oil and seasoning anyways, become part of an infusion of great flavours in this vegetable medley; apples, chestnuts, shallots and stem ginger- the foundations of this delicious dish! The result is beautifully roasted veggies with flavours that work in perfect harmony; a caramelised and creamy vegetable medley that could easily convert anyone into a sprout lover!

Ingredients

500-600g	Brussels Sprouts	2-3 tbsp	Rapeseed Oil
400-500g	Braeburn (or cooking) Apples	2 tsp	Ginger syrup
320g	Banana Shallots		Salt & Ground Black Pepper
1	Garlic Clove	60g	Walnuts (*optional)
1	Clementine (juice and zest)	200g	Roasted Chestnuts, peeled
50g	Stem Ginger (in syrup)		Flat Leaf Parsley (*optional)

Directions

1. Preheat the oven to 200°F/400°F. Get out a large baking tray (or roasting tin).
2. Soak and wash the sprouts. If preferred, remove any soiled outer leaves.
3. Wash, remove the core and then chop the apples into wedges.
4. Peel and roughly chop the shallots into 'chunky' pieces.
5. Peel and finely dice the garlic.
6. Wash the clementine, grate some zest and then juice it.
7. Remove some ginger from its syrup and finely chop it. NB: We used two small pieces.

8. Place the sprouts, apple, shallot and garlic onto the baking tray. Drizzle over the oil. Toss to coat.
9. Pour over the juice and 2 tsp ginger syrup (from the bottle of ginger). Sprinkle over a little zest (if preferred). Season it with a little salt and a few grind of black pepper to taste. Place it into the oven and roast for 30 mins, tossing the mixture at least once. Remove.
10. In the meantime, toast some walnuts in a dry frying pan (until lightly golden) and then roughly chop them (if applicable). Roughly chop the roasted (and peeled) chestnuts. Wash the parsley, remove its leaves from the stems and roughly chop them (if using).
11. Before serving, garnish with the walnuts, parsley, zest (if using) and the chestnuts. *Tip: If you have any spare 'orange zest', or dried cranberries, sprinkle them over (just before serving) to provide an extra pop of colour and festive finish!*
12. Enjoy!

Notes:

- The only modifications we'll make during the festive season is to add a little more ginger- not because we didn't include enough the first time around, but simply because we cannot get enough of it!
- Refrigerate any leftovers in an air-tight and resealable container; reheat (if preferred) and consume within 3 days.