



STIR-FRIED BRUSSELS SPROUTS WITH BACON



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
215 kcals
8g Carbs
15g Fats
9g Protein

INGREDIENTS:

- 7 cup (700g) brussels sprouts
- 2 shallots
- 1 tbsp. olive oil
- 4.4 oz. (125g) smoked bacon

PREPARATION:

1. Cut the bottom of the sprouts and remove the outer leaves. Boil them in water for about 8 min.
2. Meanwhile, finely chop the shallots. Heat the oil in a pan and fry the bacon for 5 minutes. Next add in the shallots and cook for another 2 min.
3. Drain the brussels sprouts and add them into the pan, then stir-fry for about 2 min. Season with pepper and salt and serve.

LC

Q

DF

GF

