



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BRUSSELS & BACON

Time: 30 minutes

Serves: 4

Ingredients:

8 strips bacon – cut into matchsticks
1 onion – chopped
1 ½ pounds Brussels sprouts – trimmed and halved
1 teaspoon kosher salt
¼ teaspoon fresh ground black pepper

Preparation:

Place a large frying pan on medium heat. Once hot, add the bacon and cook, stirring occasionally for eight minutes or until nearly brown.

Stir in the onion and cook, stirring occasionally for three minutes.

Add the Brussels sprouts and cook for twelve minutes, stirring only every three minutes.

Sprinkle on the salt and pepper, stir to evenly distribute and serve immediately.

Nutritional Information Per Serving:

Calories: 211
Fat: 11g
Carbs: 16g
Fibre: 6g
Protein: 15g