



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BRUSSELS SPROUT HASH

Time: 25 minutes

Serves: 4

Ingredients:

8 thick slices bacon – cut into matchsticks
1 ½ pounds brussels sprouts – thinly sliced
1 large onion – chopped
4 cloves garlic - finely chopped or grated
½ teaspoon kosher salt
¼ teaspoon red pepper flakes

Preparation:

Preheat a large frying pan on medium-low heat.

Cook the bacon, stirring occasionally until just browned. Remove the bacon with a slotted spoon and set aside.

Bring the heat to medium and add the remaining ingredients to the pan. Cook, stirring occasionally for ten minutes.

Stir the reserved bacon into the brussels sprouts and cook for a minute to heat through.

Serve immediately.

Nutritional Information Per Serving:

Calories: 273
Fat: 15g
Carbs: 20g
Fibre: 7g
Protein: 19g