

GRILLED BRUSSELS SPROUTS

Time: 45 minutes

Serves: 4

Ingredients:

3l water
79g kosher salt plus additional for serving
800g brussels sprouts
50ml grapeseed or other neutral-flavoured oil
1 clove garlic - finely chopped or grated
2g paprika
2g dry mustard
30ml good quality balsamic vinegar

Preparation:

Combine the water and 75g of salt in a large pot. Place on high and bring to a boil.

While the water is coming to a boil, score an "X" in the base of each sprout.

Place the brussels sprouts in the water, timing five minutes after the water returns to a boil. Strain and set aside.

In a small bowl, combine the remaining 4g salt, oil, garlic, paprika and mustard.

Toss the sprouts with the oil mixture.

Preheat a grill on high. Cook the sprouts, turning occasionally for ten minutes or until well-browned.

Remove from grill and serve drizzled with the balsamic and a light sprinkle of salt.

Nutritional Information Per Serving:

Calories: 192
Fat: 13g
Carbs: 18g
Fibre: 8g
Protein: 7g