

Sautéed Brussels Sprouts

Servings: 2

Prep Time: 10min

Cook Time: 15min



Ingredients

- 600 grams brussels sprouts
- 4 shallots
- 2 cloves garlic (crushed)
- olive oil
- vegetable stock (cube/powder)

Directions

1. Clean the Brussels sprouts and cut each one vertically in half. Finely chop the shallots and crush the garlic.
2. In a large flat-bottomed frying pan, heat enough oil to cover the base of the pan. Place the Brussels sprouts in the pan, cut side down, in a single layer. Scatter the chopped shallots and garlic over the sprouts.
3. When the sprouts are just starting to caramelize (you will smell them), turn them over and cook for another 5 minutes or so.
4. Add enough water to just cover the base of the pan with about 1mm of water and crumble half a vegetable stock cube into the. Give the pan a good stir and then allow to steam-fry until all the liquid has cooked off and the sprouts are tender. Serve hot.