

BRUSSELS SPROUTS AND CHESTNUT SALAD



QUICK

Less than 15 mins prep time

HEALTHY

Brussels Sprouts contain Vitamin K, which helps the blood to clot

FAMILY

Feeds 6 as a side dish

MEALS

Serve with Turkey and roast potatoes!

INGREDIENTS

- 500 g Brussels Sprouts
- 300g cooked Chestnuts split into 200g and 100g
- 150g spinach
- 1 pomegranate or 140g pomegranate seeds
- 1 lemon – zest and juice
- Drizzle olive oil (approx. 30ml)
- Salt and pepper
- 2 tbs oil for frying

METHOD

- 1) Heat 2 tbs oil in a large frying pan
- 2) Sauté Brussels in oil till brown on both sides
- 3) (approx. 5-7 mins)
- 4) Add chestnuts and heat through
- 5) Add lemon zest
- 6) TAKE OFF HEAT (or the spinach will wilt too much)
- 7) Stir in spinach to wilt slightly
- 8) Add lemon juice
- 9) Add pomegranate seeds
- 10) Dress the salad with S&P and a drizzle of olive oil
- 11) Mix and taste
- 12) Add more lemon/oil/S&P - to taste
- 13) Serve



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