

# 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
- 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 Sprouts in oil till brown on both sides (approx. 5-7 mins)
- 3) Add chestnuts and heat through
- 4) Transfer to a bowl
- 5) Add lemon zest and juice
- 6) Add spinach and mix
- 7) Add pomegranate seeds
- 8) Dress the salad with S&P and a drizzle of olive oil
- 9) Mix and taste
- 10) Add more lemon/oil/S&P - to taste
- 11) Serve – maybe sprinkled with a few extra pomegranate seeds, chestnuts and lemon zest



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)