

# BRUSSEL SPROUT STIR FRY

**FOOD FACT:**

Brussel sprouts are a good source of beta-carotene for healthy skin and eyes.

Cranberries are a good source of vitamin C.

**Preparation time**      **5 MINS**

Serves 4-5

**Cooking time**        **9 MINS**



## BRUSSEL SPROUT STIR FRY

### Ingredients

1. Put oil, sprouts and garlic in a bowl, cover and cook on FULL power for 3 minutes.
2. Add other ingredients, stir well. Cover and cook on FULL power for 6-8 minutes (sprouts should be soft but not soggy!)
3. Serve with sliced turkey or grilled meats.

NB cooked noodles could be added to this dish

- 800 g brussels sprouts, finely shredded
- 4 spring onions, trimmed, shredded
- 150 g peeled chestnuts, roughly chopped
- 50 g dried cranberries
- 1 clove garlic, chopped
- 1 tbsp olive oil
- 2 tsp honey
- 1 tsp lemon juice

