

A Taste of **ANGUS**

RECIPE 34

Tasty Brussels Sprouts



Serves 4



Tasty Brussels Sprouts

Ingredients

- ½ cup diced apple
- 8 ounces Brussels sprouts, trimmed and quartered
- 2 tbsps apple cider
- 2 tspns olive oil
- 1 tspn minced fresh thyme
- ¼ tspn salt
- Pinch fresh ground black pepper

Method

1. Preheat oven to 190°C.
2. Combine apple and Brussels sprouts in a baking dish. Add apple cider, olive oil, minced fresh thyme, salt and freshly ground black pepper; mix well. Bake at 190°C for 25 minutes or until sprouts are tender.



A TASTE OF ANGUS



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