



BRUSSELS SPROUT SKEWERS WITH SRIRACHA AIOLI

Recipe courtesy of the Australian Women's Weekly

INGREDIENTS

- ❑ 1/3 bunch coriander (30g)
- ❑ 3 limes
- ❑ 500 grams Brussels sprouts
- ❑ 1/2 cup (150g) aioli
- ❑ 1/4 cup (60ml) sriracha
- ❑ 1/4 cup (60ml) extra virgin olive oil

Test Kitchen tip

Sriracha is a popular medium-spiced, smooth and slightly vinegary Thai chilli sauce available from supermarkets. You can use your favourite chilli sauce instead of sriracha.

DIRECTIONS

Heat the oven to 180°C.

Wash coriander well, paying particular attention to roots. Finely chop coriander roots and stems; reserve leaves to serve. Finely grate rind from 2 limes; you need 1 tablespoon rind.

Juice 1 lime; you need 2 tablespoons juice. Place coriander root and stem mix, lime rind and juice in a medium bowl with 1 tablespoon of the oil; mix well, then season.

Cut brussels sprouts in half lengthways. Par-cook sprouts in a saucepan of boiling water for 1 minute or until crisp-tender. Transfer sprouts to a large bowl of iced water for 1 minute; drain. Add sprouts to coriander marinade; toss to coat. Cover; refrigerate for 20 minutes.

Meanwhile, combine aioli and sriracha in a small bowl. Cover; refrigerate until ready to serve.

Preheat a chargrill plate (or barbecue) over medium-high heat. Thread sprouts onto 8 metal skewers; brush with remaining oil. Cook skewers, in two batches, for 4 minutes on each side or until char marks appear and sprouts are crisp-tender.

Serve skewers with sriracha aioli, reserved coriander leaves and remaining lime cut into wedges.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





SHAVED BRUSSELS SPROUT SALAD WITH PECORINO

Recipe courtesy of the Australian Women's Weekly

INGREDIENTS

- ❑ 500g Brussels sprouts, trimmed
- ❑ 1 cup (160g) Brazil nuts, toasted
- ❑ 1 small red onion (100g), chopped finely
- ❑ 1/3 cup (45g) dried cranberries
- ❑ 100g pecorino cheese, grated finely

LEMON DIJON DRESSING

- ❑ ¼ cup (60ml) lemon juice
- ❑ ¼ cup (60ml) olive oil
- ❑ 2 teaspoons Dijon mustard

METHOD

Using a mandoline, V-slicer or knife, thinly shave sprouts.

Finely grate half the Brazil nuts; coarsely chop remaining.

Place sprouts in a large bowl with onion, cranberries, half the grated Brazil nuts and the dressing; toss gently to combine. Serve salad topped with pecorino, chopped Brazil nuts and remaining grated Brazil nuts.

LEMON DIJON DRESSING

Place ingredients in a screw-top jar; season to taste. Shake well.



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FRIZZLED BRUSSELS SPROUTS WITH CHILLI HONEY

Recipe courtesy of the Australian Women's Weekly

INGREDIENTS

A flavour-packed vegetarian side dish.

Convert the whole family into Brussels sprouts lovers this recipe! The crispy Brussels sprouts are served atop a blend of two cheeses, then drizzled with the spicy honey. It's delicious!

- ❑ ¼ cup (90g) honey
- ❑ 1 long red chilli, sliced thinly
- ❑ 600 grams Brussels sprouts, trimmed, halved extra virgin olive oil, for shallow frying
- ❑ 1¼ cups (300g) firm ricotta
- ❑ ¼ cup (30g) coarsely grated smoked buffalo milk cheese

METHOD

Place honey and chilli in a small saucepan over medium heat; bring to a gentle simmer. Remove from heat; set aside to infuse.

Meanwhile, cook Brussels sprouts in a large saucepan of boiling salted water for 1 minute. Drain; pat dry with paper towel.

Place enough oil in a large, deep frying pan to come a quarter way up the side; place over medium heat. Cook sprouts in hot oil, in three batches, turning occasionally, for 3 minutes or until golden and crisp. Drain on paper towel. Cool slightly.

Place cheeses in a food processor; process until smooth. Season to taste with salt.

Spread cheese mixture on a serving platter; top with sprouts and drizzle with chilli honey.

Season with salt.



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PORK CUTLETS WITH BACON, BRUSSELS SPROUTS AND PEAS

Recipe courtesy of the Australian Women's Weekly

INGREDIENTS

As if juicy pork cutlets on creamy mash wasn't already temptation on a plate, the Brussels sprouts fried with bacon and peas are gorgeous enough to entice even the fussiest eaters.

- ❑ 1 teaspoon fennel seeds
- ❑ 1 tablespoon chopped fresh dill
- ❑ 2 teaspoon extra virgin olive oil
- ❑ 4 trimmed pork cutlets or chops
- ❑ 4 rashers bacon, chopped
- ❑ 400 gram brussels sprouts
- ❑ 1 cup (120 grams) frozen peas

METHOD

Preheat the oven to 200°C/180°C fan-forced.

Crush fennel seeds in a mortar and pestle or chop finely. In a small bowl, combine seeds, dill and oil.

Heat a large non-stick frying pan until hot. Rub pork all over with seed mixture. Add pork to pan; season with salt and pepper.

Cook pork until browned on both sides. Transfer to an oven tray. Cook in oven about 5 minutes or until just cooked through. Cooking time will depend on the thickness of the cutlets. Remove from oven, cover with foil and stand 10 minutes before serving.

Meanwhile, add bacon to same frying pan. Cook, stirring, until browned. Remove outer leaves from Brussels sprouts; slice thickly lengthways. Add peas to pan with bacon, stir about 1 minute. Add Brussels sprouts, cook, stirring, over a high heat until softened slightly. Season to taste with salt and pepper.

Serve pork with Brussels sprouts mixture and mashed potato, if desired.



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BRUSSELS SPROUTS WITH CREAM AND ALMONDS

Recipe courtesy of the Australian Women's Weekly

Convert everyone into a lover of brussels sprouts with this easy, flavoursome recipe featuring generous lashings of cream and a sprinkling of almonds.

INGREDIENTS

- ❑ 50 gram butter
- ❑ 1/3 cup (25g) flaked almonds
- ❑ 1 kilogram brussels sprouts, trimmed, halved
- ❑ 2 clove garlic, crushed
- ❑ 300ml pouring cream

METHOD

Melt 10g of the butter in large frying pan; cook nuts, stirring, until browned lightly. Remove from pan.

Melt remaining butter in same pan; cook sprouts and garlic, stirring, until sprouts are browned lightly. Add cream; bring to the boil. Reduce heat; simmer, uncovered, until sprouts are tender and sauce thickens slightly.

Serve sprout mixture sprinkled with nuts.



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