



Creamy Cheesy Garlic Brussel Sprouts

A recipe for Brussel Sprouts? Seriously? Yes, you need this. No other vegetable creates so much discussion at dinner. You either love or hate them. This will change all that. You will no longer have to tell the kids they will grow big and tall, have hairs on their chest and an IQ of 200. They will just love them.

- **1kg Brussel Sprouts (fresh or frozen)**
- **300gms Lardons, or streaky bacon chopped.**
- **5 cloves garlic finely chopped**
- **Large knob of butter**
- **250mls double cream**
- **50gms shredded Mozzarella Cheese**
- **30gms grated Parmesan cheese**
- **Salt & pepper**

1. Preheat the oven to 190 degrees.
2. Cook the sprouts in salted water until just tender. Drain, refresh in cold water and let cool. Then slice in half.
3. Fry the lardons/bacon until crispy and set aside on kitchen paper. Drain off half the fat.
4. Add the butter to the bacon frying pan and gently fry the chopped garlic for a minute or two.
5. Add the sprouts and mix well.
6. Pour in the cream and mix well.
7. Add salt and black pepper to taste and mix well.
8. If not using an oven proof skillet/frying pan, transfer to an oven proof dish and top with the Parmesan and Mozzarella.
9. Bake in the oven for 10 - 15 minutes until the cheese is golden brown and bubbling.

Enjoy. You will never be bored with Brussel Sprouts again. If they only normally appear for a once a year Christmas outing that will change too!