

ROASTED BRUSSELS SPROUTS SALAD WITH APPLE AND HAZELNUTS

Ingredients

Serves 4

- 500g Brussels sprouts
- 2 tbsp extra virgin olive oil
- Sea salt
- 1 large apple, cut into match sticks
- Large handful of parsley, leaves picked
- Large handful mint, leaves picked
- 60g toasted hazelnuts, halved

Honey lemon dressing:

- 2 tbsp extra virgin olive oil
- juice of half a lemon
- 1 tsp dijon mustard
- 1 heaped tsp honey
- 1/4 clove garlic, crushed or finely grated
- Sea salt and black pepper

Method

Preheat oven to 220C. Line a large baking tray with baking paper.

Trim the ends of the brussels sprouts and remove any tough outer leaves. Halve them and place in a bowl with the olive oil. Season generously with sea salt and toss so that the sprouts are well coated. Arrange them in a single layer on the tray and roast in the preheated oven for 15-20 minutes, or until coloured and just tender, turning the brussels sprouts if necessary. Allow to cool slightly. Combine the brussels sprouts in a large bowl with the apple, herbs and hazelnuts.

Whisk all of the dressing ingredients together in a small bowl or shake in a jar until combined. Season to taste. Pour over the salad, toss to combine and serve.

