



Posted on 18 November 2012

by Mike

Brussel Sprouts with Ham



Ingredients

900g brussels sprouts – trimmed and halved lengthwise
3 tablespoons olive oil
1 onion – sliced
1 cup ham – diced
Salt and pepper to taste

Preparation

- 1 Boil the brussel sprouts in salted water for a few minutes.
- 2 In a skillet, cook the onion with olive oil until slightly brown and add the brussel sprouts. Add ham and fry until the vegetables begin to crisp.
- 3 Then season to taste and serve.
- 4 Serve immediately. Enjoy!

Cooks Note
