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*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

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