

Brussels Sprouts with Pancetta and Chestnuts

1kg Brussels sprouts

3 – 4 tablespoons olive oil

150g pancetta, cut into lardons

2 red onions, thinly sliced

4 garlic cloves, peeled and crushed

400g peeled, roasted vacuum-packed chestnuts

Salt and freshly ground black pepper

1. Prepare the brussels sprouts by trimming off the outer leaves, if necessary, and trim the root end, leaving the sprout intact. If they are very large, cut in half lengthways. Cook in simmering salted water for 2 minutes until just tender, then drain and quickly refresh in cold water to stop them over-cooking
2. Heat the olive oil in a large frying pan, add the lardons and red onions and fry over a medium heat until they are starting to brown. Add the garlic to the pan and cook for one minute.
3. Add the sprouts to the frying pan with the red onion and lardons over a medium heat. Stir to evenly coat in the oil. Crumble the cooked chestnuts into large chunks and add to the sprouts, sauté for 2-3 minutes to heat through.