



DUCK FAT ROASTED BRUSSELS SPROUTS

Difficulty: Easy

Serves: 5

Cooking: 40 minutes



INGREDIENTS

250g Brussels sprouts, cut in half
50g Luv-a-Duck Duck fat
2 garlic cloves, lightly crushed, skin on
2 sprigs of thyme
Sea salt flakes
Juice of 1/2 lemon
1/2 lemon to zest
50g parmesan cheese

METHOD

1. Preheat oven to 180°C.
2. Place Brussels sprouts in a bowl with thyme, garlic, sea salt and Luv-a-Duck Duck fat. Toss until combined well.
3. Place on oven tray and bake for 30 mins. Stir sprouts regularly.
4. Remove from oven, squeeze juice of 1/2 lemon on top and toss.
5. Place on plate, zest lemons and grate parmesan on top.

CHEF'S TIPS

"Duck fat gives it that really rich flavour. It helps make the Brussel sprouts crispier. I would recommend this to everyone." Shiva – Home Cook