



Sprouts with Bacon and Chestnuts is a bit of a Christmas classic. But we have no Chestnuts and it's not Christmas yet. But we do have lots of foraged Hazelnuts. So?.

Ingredients:-

Hazelnuts ? Roasted and chopped

Sprouts, chopped

Olive Oil

Red Onion, sliced

Whole Grain Mustard

Lemon Juice

Salt and Pepper

Method:-

(1) Roast the Hazelnuts on a tray at 180C for 10 minutes. This also cracks the shells and makes them much easier to remove. Set aside.

(2) Gently fry half of the Onion in a little Olive Oil with the Mustard.

(3) Half the Sprouts and added uncooked Onion.

(4) Mix the Nuts, Sprouts Onion etc. and then place on a tray and place in the oven alongside your roast.

(5) When ready to serve drizzle with the Lemon Juice and stir well.

You could use this for a Vegetarian or Vegan side dish.