

# SallyBee



Campaigning for people to "Season with Sense"



## SALLY BEE'S CRISPY RED ONION & BRUSSEL SPROUTS

 **Prep:** 5 minutes

 **Cook:** 25-30 minutes

 **Makes:** 4

### INGREDIENTS:

- 750g Brussel sprouts, cleaned and sliced
- 3 red onions, peeled and sliced
- Handful fresh lemon thyme leaves
- Sprinkle **LoSalt**
- Black pepper
- Drizzle olive oil
- Pomegranate seeds to serve

### METHOD:

1. Preheat the oven to 160°C.
2. Pop the sliced Brussel sprouts in a roasting tray and top with sliced red onion.
3. Strip the small leaves off a handful of fresh lemon thyme and scatter over the top.
4. Season with black pepper and **LoSalt**.
5. Then drizzle with olive oil.
6. Shake and bake for 25-30 mins.
7. Sprinkle with fresh pomegranate seeds to serve.