

# Smashed Sprouts



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

**PREP/COOKING TIME: 45 MINUTES**

**BASED ON: 5 SERVES**

## INGREDIENTS

	SERVES 5	SERVES 10	SERVES 20
Brussels Sprouts	500g	1 kg	2 kg
Parmesan, grated	1/2 cup	1 cup	2 cups
Olive oil	1 tbsp	2 tbsp	4 tbsp
Salt	1 tsp	2 tsp	4 tsp
Garlic powder	1/4 tsp	1/2 tsp	1 tsp
Black pepper	To taste	To taste	To taste

## METHOD

1. Preheat oven to 200°C.
2. Slice off the stem of each sprout, then remove any loose or discoloured leaves.
3. Boil or steam the brussels sprouts for 8 - 10 minutes or until tender to poke with a fork.
4. Drain and rest for approximately 5 minutes to allow steam to escape.
5. Place all the sprouts on a large baking tray and coat in olive oil, garlic powder, salt and pepper.
6. Smash the sprouts with the bottom of a jar or mug, be careful not to break apart the sprouts and space evenly on the tray.
7. Sprinkle a pinch of parmesan cheese onto each sprout.
8. Place tray in oven and bake for 20 - 25 minutes, or until the parmesan is golden and crunchy.
9. Allow to rest for approximately 2 minutes before removing from the tray and serving.