

Honey Mustard Roasted Brussel Sprouts

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small mixing bowl
measuring spoons
metal whisk or fork
heavy based oven tray
cutting board and knife

Do this

with these **ingredients**

1. **Preheat** the oven to 200°C/400°F.

2. In the small bowl, **whisk** together

- 1 TBS **pure honey**
- 1 TBS **quality wholegrain mustard**
- 1 TBS **extra virgin olive oil**
- 1 TBS **organic butter or more olive oil**

3. **Add** to the oven tray with 500 g/1 lb **Brussel sprouts**, trimmed and halved

4. **Mix** with clean hands until Brussel sprouts are well coated.

5. **Roast** for 20 to 25 minutes until browning on the outside and softening on the inside. (Gently **stir** after 10 minutes.)

6. **Season** generously with freshly cracked **pepper** and **salt**

7. **Serve** drizzled with 1 TBS **balsamic vinegar** (optional)

