

Roasted Brussels Sprouts and Bacon

Ingredients

- 700 g Brussels sprouts
- 2 tablespoons melted ghee, avocado oil, extra virgin olive oil, or fat of choice
- Salt
- black pepper
- 4 bacon slices, diced
- 1 tablespoon aged balsamic vinegar

Method

1. Preheat your oven to 400°F with the rack in the middle.
2. Cut the sprouts in half and toss them with melted fat of choice, salt, and pepper.
3. Dump the sprouts on a greaseproof-paper-lined rimmed baking sheet, making sure to keep everything in one layer.
4. Sprinkle the diced bacon over everything and pop the tray in the oven.
5. Cook for 30 minutes. The dish is done when the Brussels sprouts are tender and browned and the bacon bits are crispy.
6. Season and drizzle some of the aged balsamic vinegar on the finished dish.