

Brussels sprouts in orange cream

Preparation time: 30 min. · Level of difficulty: easy ·

Quantity

Ingredients for 2 people as main course or 4 people as side dish.

Ingredients

500 g Brussels sprouts
Extra virgin olive oil
Flower sea salt
2 piece Garlic cloves
1 piece Natural oranges
150 ml Cream
100 g Dried fruits (cranberries, red currants, apricots or cherries)

Preparation

Clean the Brussels sprouts and cut the larger florets in half.

Preheat the oven to 180°C.

Place the Brussels sprouts in an ovenproof dish, drizzle generously with olive oil and season with sea salt. If you like, add peanuts.

Roast in the oven for 20 minutes, turning or stirring 1-2 times during this time.
Grate the zest from the orange, then squeeze out the juice. Peel and chop the garlic.

In a small pan, lightly fry the garlic and orange zest with a little olive oil.

Then deglaze with the juice, add the cream and simmer for 3-4 minutes until the sauce is slightly creamy. Season with salt and pour the cream sauce over the cooked cabbage florets.

Mix the Brussels sprouts, sauce and dried cranberries well.

Serve with rice or toasted bread. Or serve as a side dish with roast meat or fish.