KIKKOMAN

Fried Brussels sprouts with guanciale and lemon

Total time **19 mins** **5 mins** preparation time **14 mins** cooking time

Nutritional facts (per portion):
1,340 kJ / 320 kcal

Fat: **20 g** Protein: **10 g**
Carbohydrates: **25 g**

INGREDIENTS

2 portion(s)

300 g	Brussels sprouts, trimmed and halved
2	shallots
70 g	Italian guanciale, diced
2	garlic cloves
20 ml	Kikkoman Naturally Brewed Soy Sauce
40 ml	Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
1	pickled lemon, thinly sliced
1	small apple
5 g	fresh basil leaves
20 g	Pecorino Romano

PREPARATION

Step 1

70 g Italian guanciale, diced - **300 g** Brussels sprouts, trimmed and halved - **2** shallots
Heat a large frying pan until very hot. Add the diced guanciale and fry for 3-4 minutes until crispy. Add the Brussels sprouts and diced shallot and fry for 7-8 minutes until they start to brown and soften.

Step 2

1 pickled lemon, thinly sliced - **1** small apple - **5 g** fresh basil leaves - **20 g** Pecorino Romano - **20 ml** Kikkoman Naturally Brewed Soy Sauce - **40 ml** Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste - **2** garlic cloves
Add the Kikkoman Soy Sauce, Kikkoman Teriyaki BBQ-Sauce Honey and chopped garlic to the guanciale, shallots and Brussels sprouts in the pan. Continue cooking for 1-2 minutes until a nice, silky sauce forms that covers all the sprouts. Transfer to a serving platter. Garnish with the sliced pickled lemon, apple cubes, fresh basil leaves and grated pecorino cheese.