



## BRUSSEL SPROUTS, SEEDS & CARROT PUREE

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### BRUSSEL SPROUTS

1kg of Brussel Sprouts  
2 tablespoons olive oil  
1/2 teaspoon chilli flakes  
salt and pepper

### CARROT PUREE

500grams carrots  
pinch of salt  
1-2 tablespoon maple syrup  
1 tablespoon olive oil

### MIXED SEEDS

1/4 cup sunflower seeds  
1 tablespoon sesame seeds  
1 tablespoon hemp seeds

Brussel Sprouts - Halve sprouts and boil in water for 2-3 minutes (just tender). Remove and cool quickly. Heat oil in pan add oil, chilli flakes and cook sprout halves face down, saute for 5 min season.

Carrot Puree - Boil carrots in hot water then simmer until tender. Transfer to blender (keep 1/4 cup of water) and blend with a little salt, maple syrup and 1/4 cup of carrot water. Reduce speed to low and drizzle in olive oil.

Assembly - Place carrot puree on to plate and top with crispy brussel sprouts, toss with a little olive and salt. Top with seeds.