



# NUTRITION FACT SHEET



## Merry Christmas the Mellors Way!

It's Christmas which means it's time to celebrate and have lots of fun. Christmas is one of the tastiest times of the year! It's not Christmas without great food and here at Mellor's we offer a Christmas lunch in schools every year using fresh locally sourced ingredients.

### **Brussels sprouts – love them or hate them?**

Brussel sprouts are like marmite, you either love them or hate them. These little cabbages are in season in December which is one of the reasons why they are such a big part of your Christmas lunch. If you don't love sprouts, there are many ways to make them a bit

more exciting and flavoursome. You can add things like bacon, stuffing or chestnuts.

Why not try our Brussel Sprouts recipe:

### **Crispy Brussel Sprouts with Bacon and Garlic**

*Makes 3-4 servings*

### **Ingredients**

10-15 small Brussel sprouts  
2 bacon rashers, diced  
2 garlic cloves, peeled and thinly sliced

### **Instructions**

Peel off any bad leaves from the Brussel sprouts.  
Bring a pan of water to the boil and add the sprouts. Cook for 4 minutes then drain and refresh under cold running water.

Cut the sprouts in half lengthways. Heat the separate pan and add the bacon. Dry fry for 1 minute.

Add the sprouts and fry until they start to brown around the edges and the bacon crisps.

Add the garlic slices and fry 1 minute until softened.



Look out for the Mellors Christmas menu. There will be lots of seasonal treats to help get you into the festive spirit!

