

Brussels sprouts in a pan

500 g Brussels sprouts
0.5 dl olive oil
1 tbsp liquid honey
1 clove of garlic, pressed
1 tsp herb salt
0.5 tsp black pepper
Grated parmesan or equivalent cheese

Trim and blanch fresh Brussels sprouts for 10 minutes in lightly salted water and then rinse immediately in cold water. Frozen Brussels sprouts do not need to be blanched.

Mix all ingredients in a bowl except the Brussels sprouts and cheese. Stir the Brussels sprouts into the batter.

Fry the cabbage in a frying pan until it gets some color.

Top with grated cheese.