






SPROUT, CABBAGE & CRANBERRY STIR-FRY

-  **Prep:** 5 minutes + defrosting
-  **Cook:** 10 minutes
-  **Serves:** 4 as an accompaniment

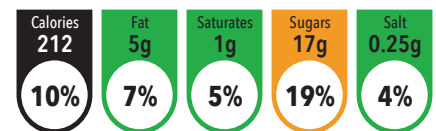
INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, sliced (180g)
- 300g frozen Brussels sprouts, defrosted and halved
- ½ Savoy cabbage, shredded (200g)
- 180g pack whole chestnuts, roughly chopped
- 3 tbsp cranberry sauce (75g)
- ½ tsp **LoSalt**

METHOD:

1. Heat the oil in a large frying pan and fry the onion for 3 minutes until golden. Stir in the sprouts, cabbage, chestnuts and 2 tbsp water and stir fry for 5 minutes.
2. Stir in the cranberry sauce and **LoSalt** and heat through for 1 minute.

Each serving contains



of your guideline daily amount

COOKS TIP:

Fresh or leftover sprouts work just as well as frozen. Make this into more of a meal with shredded roast turkey or chicken.