



SAUNDERS' MALT EXTRACT

Preparation

10
MINS

Cook Time

20
MINS

Serves

4

Difficulty

EASY

ROASTED BRUSSEL SPROUTS WITH MALT GLAZE & CRISPY PANCETTA

Combine the punchy flavour of properly-cooked Brussel sprouts and the natural saltiness of pancetta with the mouthwatering contrasts of parmesan and deliciously soulful malt.

INGREDIENTS

- 500g Brussel sprouts, halved
- 100g pancetta, diced
- Salt and freshly-ground black pepper
- 2 tbsp Saunders' Malt Extract
- Freshly shaved parmesan, to serve

Notes

If you like a little spice, try topping with a sprinkling of fresh chilli!

METHOD

- 1 Preheat the oven to 200°C (fan-forced).
- 2 In a cast iron or oven-safe skillet, cook the pancetta over medium heat until golden and crispy. Remove the pancetta with a slotted spoon and set aside, leaving the rendered fat in the pan.
- 3 Toss the halved Brussels sprouts in the pancetta fat along with olive oil, salt, and pepper. Spread evenly in the skillet, cut side down.
- 4 Roast in the oven for 15–20 minutes, or until the sprouts are golden and crisp on the edges.
- 5 Remove from the oven, scatter the crispy pancetta over the top, and drizzle with Saunders' Malt Extract.
- 6 Finish with a generous shaving of parmesan and serve warm.

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