



# SPROUTS

Try out these recipes!



## Brussel Sprout & Choc Chip Cake

Serves 10

**Saffron Recipe Code:** R07341

### Ingredients:

- 150g Brussels sprouts
- 220g Self-raising flour
- 180g Sugar
- 120g Ready-made apple sauce
- 120ml Vegetable oil
- ½tsp Baking soda
- Pinch of salt
- 1tsp Vanilla extract
- 150g Chocolate chips

### Method:

1. Preheat the oven to 180°C. Grease and flour a 20 cm round baking tin.
2. Bring a pot of water to a boil and cook the Brussels sprouts until tender - about 8-10 minutes. Drain well and let cool slightly.
3. Pulse the cooked sprouts in a food processor until roughly mashed. Set aside.
4. In a mixing bowl, whisk together the flour, baking powder, and salt.
5. In a separate bowl, mix together the apple sauce, oil, vanilla extract, and sugar. Gradually add the dry ingredients, mixing until just combined.
6. Fold in the mashed Brussels sprouts and chocolate chips.
7. Pour the batter into the prepared tin and bake for 35-40 minutes, or until a skewer inserted into the centre comes out clean.
8. Allow to cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.

## Crispy & Cheesy Smashed Brussel Sprouts

Serves 10

**Saffron Recipe Code:** R07342

### Ingredients:

- 1kg Brussels sprouts
- 200g Pepperoni Slice
- 150g Cheddar cheese, grated
- 80g Breadcrumbs
- 1tsp Oregano, dried
- 1tsp Garlic powder
- Salt
- Pepper
- Oil

### Method:

1. Bring a pot of water to a boil. Add the Brussels sprouts and cook for about 10 minutes, until fork-tender. Drain well and allow to cool slightly.
2. Preheat the oven to 200°C. Line a baking tray with baking paper and drizzle it lightly with oil.
3. Arrange the Brussels sprouts on the tray. Using a potato masher, gently press each sprout to flatten it slightly.
4. Finely chop the pepperoni and scatter it evenly over the smashed sprouts.
5. Drizzle a little more oil over the sprouts, then sprinkle with grated cheddar, breadcrumbs, oregano, salt, and black pepper.
6. Bake for 15-20 minutes, or until the sprouts are golden and crisp around the edges.
7. Serve hot.

Please speak to the Chef Manager or Allergen Guru for allergen information

Compared to an  
average packed lunch  
an Accent school  
meal contains:

**15%  
LESS**   
SATURATED FAT

 **2x**  
THE FIBRE

 **46%  
LESS**  
SALT

**1/2**   
THE FREE SUGARS