



ROASTED BRUSSELS SPROUTS AND PEAR

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Ingredients:

- 12 oz of brussels sprouts (approximately 12-15)
- 1 pear
- 1 lemon wedge
- 1 Tbsp honey
- Salt and pepper to taste
- 1 Tbsp olive oil
- Handful of chopped onion
- Handful of dried cranberries

1. Preheat oven to 450°F. Wash, dry, and halve all of your brussels sprouts and slice the pear.
2. Place them in a baking dish along with the onion. Coat everything in the baking dish with 1 Tbsp of olive oil and a pinch of salt and pepper. Bake for about 25-30 minutes until golden brown.
3. Next, squeeze the lemon wedge all over the contents of the baking dish and drizzle with honey.
4. Lastly, toss in the dried cranberries, mix everything together, and serve.

