

Brussels Sprout Hash with herb spiced pancetta

Ingredients

4 cups Brussels Sprouts, diced
2-3 oz pancetta
2 cloves garlic, minced
1 medium Spanish onion, diced
2 Tbsp Apple Cider Vinegar
1 tsp parsley flakes*
1 tsp thyme*
¾ cup walnut pieces
3-4 large eggs (Optional)
1 Tbsp balsamic vinegar (optional)
Parmesan Cheese (Optional)

**a few springs of fresh thyme and parsley substitute nicely*

Directions

1. Preheat oven to 350F (if using eggs)
2. In a small pan under medium heat cook the pancetta with parsley and thyme until well cooked (Make sure not to overcook or burn the pancetta)
3. In a separate large wok or pan pour the fat that cooked off from the pancetta into the pan on medium heat
4. Toss garlic, walnuts and your diced onion into the fat and cook until the onion starts to become tender or slightly translucent
5. Next add in your diced Brussels sprouts and stir the mixture well so that the sprouts are coated in the herbed fat and cook
6. Finally toss in your pancetta, 2 Tbsp Apple Cider Vinegar and if allowed on your diet about 1Tbsp of balsamic vinegar
7. Allow the entire mixture to cook for a few minutes
8. At this stage you can either serve the mixture as is or add a few eggs. If you decide to add the eggs, pour mix into an oven-proof glass pan and make a few small craters to crack the eggs into
9. Bake eggs and hash for about 15-20 minutes or until your eggs are cooked to your preference
10. Garnish with Parmesan cheese and serve.
11. Enjoy!