Sides / Belgium

Gently braised Brussels sprouts and green beans · Belgium

Two vegetables gently cooked and seasoned as a Belgium-inspired side dish.

Time 30 min **Servings** 4

What you'll need.

- ☐ 500 g Brussels sprouts
- ☐ 350 g green beans
- ☐ 25 ml neutral cooking oil
- ☐ 180 ml low-salt vegetable stock
- ☐ 20 g wholegrain mustard
- ☐ 2 g dried thyme
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Clean both vegetables and cut into small, even pieces. Keep tender leafy vegetables separate.

02 Heat the oil and cook the firmer vegetable for a few minutes, then add the other firm vegetable.

03 Add the stock, cover and cook gently. Add any leafy vegetables near the end of cooking.

04 Uncover and briefly reduce any excess liquid. Check all vegetables are tender.

05 Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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