

Charred Brussels Sprouts with Anchovies and Orange

- by Healing Family Eats

This is a generous quantity for 4 people and perfect for 6, but I like to cook more than I need since they make super tasty leftovers.

(serves 4-6)

3 tbsp solid fat (I use lard)

2 lb brussels sprouts, outer leaves removed and halved lengthways

8 anchovy fillets (canned in olive oil/sea salt), rinsed and chopped

zest and juice of 1 large navel orange

1 tbsp [apple cider vinegar](#)

[sea salt](#), if necessary

Heat a large hob-proof roasting pan over a medium-high heat and add the fat. Making sure the fat melts to cover the entire base, tip in the brussels sprouts and cook, most of them cut side down until semi-charred, about 5 minutes or so. Don't stir them around, leave them to get some colour on them. Next, give the pan a good shake to turn the sprouts over and continue to cook, a further 2-3 minutes. Now stir in the remaining ingredients and let the juice bubble away until it coats the sprouts, about 2 minutes. They should still be tender and retain their Kermit green colour. Taste and add sea salt if necessary - though you will more than likely find the anchovies do the job for you.

