**Sprout Kebabs**

**Preparation time: 20 minutes**

**Cooking time: 25 minutes**

**Serves: 6**

**Ingredients:**

300g Brussels sprouts, trimmed and washed

1 tbsp Maple syrup

6 slices of Parma ham

100g Parmesan cheese grated

200g panko bread crumbs

1 lemon, zested

1 egg

30g plain flour

Salt and pepper, to taste

1 tsp olive oil for cooking

Cocktail sticks

**What to do:**

1. In a roasting pan, drizzle the sprouts with the maple syrup, olive oil and salt and pepper then roast for 15 minutes at 160°C.
2. When cooked let them cool down then wrap the sprouts with Parma ham then put them onto the cocktail sticks.
3. Whisk the egg, then dust the sprouts in the flour then dip in the egg and roll in the breadcrumbs, parmesan and lemon zest.
4. Put the breaded sprouts on some baking paper then bake in the oven 190°C for 8-10 minutes.
5. Dollop some crème fraiche or Greek yogurt to dip.

For more information please contact **The Little Big Voice** on (0) 208 338 0188 or email [pressoffice@thelittlebigvoice.com](mailto:pressoffice@thelittlebigvoice.com)