

Low FODMAP Sprouts, courgette & pancetta

Is there any vegetable more crucial to the Christmas dinner than the humble but unfortunately high FODMAP Brussels sprout? Even those who dislike sprouts see it as vital that there should be sprouts on the table.

I am, or was, a great sprout lover but a low-FODMAP safe serving is a measly 2 sprouts. I was left with the riddle of how to make my duo of sprouts go further and seem like I was eating more. Challenge accepted.

Pancetta is a great partner to sprouts; the courgette can bulk up the greenery without overwhelming the sprout flavour. By shredding the sprouts lengthways, the leaves should stay together enough to stay recognisable as sprouts.

This dish takes minutes to make and can be thrown together just before serving.



Ingredients

Serves 6 as a side dish

- 1 tbsp olive oil
- 140g diced pancetta
- 200g courgette diced into 5mm pieces
- 12 sprouts, sliced thinly lengthways
- 3 tbsp water
- 30g butter
- 2 tbsp chopped parsley
- Freshly ground black pepper

Method

Warm the olive oil in a wide lidded pan over a medium-high heat. Add the pancetta and fry for 3 – 3 ½ minutes, stirring often, until the fat is a golden brown and starting to cook away.

Throw in the sprouts and courgettes and gently turn over so as not to break up the sprouts. Add 3 tbsp of water, cover and cook for 4 minutes, stirring occasionally.

Add the butter, turn over again and remove from the heat. Gently stir in the parsley and pepper.

Remove to a warm serving dish.