

Recipe: Brussels Sprouts with Bacon, Coconut Cream and Curry

The title of this recipe sounds super involved and like it will take a long time, but it does not at all. It pulls together quickly and is extremely decadent. It is not likely that there will be leftovers!

Ingredients

- 1 bag shaved brussels sprouts (can find at Trader Joes, or shred about $\frac{1}{2}$ - $\frac{3}{4}$ lb brussels sprouts by hand)
- 4 slices bacon, chopped (my fave is AppleGate Farms Sunday Bacon)
- $\frac{1}{4}$ - $\frac{1}{2}$ can coconut cream (can sub coconut milk)
- 1 TB curry powder
- $\frac{1}{2}$ - 1 tsp garlic powder, or to taste
- $\frac{1}{2}$ tsp black pepper, or to taste
- pinch sea salt

Directions

Bring a skillet or frying pan to medium high heat. Spray with nonstick spray or add a pat of butter, and add the chopped bacon. Cook the bacon, stirring frequently. When it is cooked, remove the bacon, but leave the fat in there (I guess this step could be optional). Add the brussels sprouts and stir to incorporate. Sautee for a minute or two. Add the coconut cream/milk, curry and other spices. Bring the heat up until it bubbles, then turn back down and simmer until the brussels sprouts are tender, about 5-8 minutes. Add the bacon back in, stir, serve, and delight!