

Sprout splats!

Crispy crunchy fritters made with a few simple ingredients!

Makes: 16
Takes: 25mins
Difficulty: (easy)

You will need...
knife
mixing bowl
spatula or spoon
teaspoon
measuring jug or scales
frying pan
cooking spatula
baking tray



Ingredients

- 120g sprouts
- 1 brown onion
- 150g flour (Plain, gram/chickpea or self raising/GF)
- 1 tsp baking powder (not needed if using self raising)
- 2 tsp ground coriander
- 1 tsp ground cumin
- 240ml water
- Salt to taste
- Rapeseed oil for frying (1 tbsp/4 splats)



1.

Chop the ends off the sprouts, peel off any broken, shrivelled or rotten outer leaves. Finely slice into rounds



2.

Cut off the top of the onion, cut in half and remove the skin. Slice into thin slivers & fry 5mins



3.

Make a batter by mixing the flour, spices and baking powder with 1 tbsp oil and the water. It should be thick and creamy



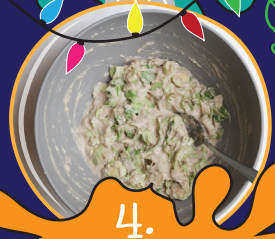
6.

Pile on a baking tray while cooking the rest and bake for an extra 15mins in a 200C fan/220C/GM 7 oven to make them super crisp!



5.

Heat a frying pan and when hot add 1 tbsp of oil. Dollop 1-2tbsp of mixture into the pan, push down and fry for 4mins each side



4.

Mix in the chopped veg and stir together to make sure everything is well coated



TIPS

Kids in the kitchen: Get the kids involved with peeling the sprouts and practising their slicing skills with the veg! Watch out for tears with the onion - wear goggles for an extra silly cooking look!

Us sprouts are fed up of being rejected every Christmas. You boil us for AGES and turn us into smush which would make anyone taste bad!

But did you know with a few simple tricks we can turn into the tastiest of veggies? Have a go at our easy recipe and see if you can save us from the bin!



What is the strongest vegetable?

Muscle sprouts!

What cereal do snowmen have for breakfast?
Snowflakes



What do you get if you cross a Christmas tree with an apple?
A pineapple!

HoHo!

What do Santa's elves learn in school?
The elf-abet!

What goes "Oh, Oh, Oh"?
Santa walking backwards!

What do snowmen wear on their heads?
Ice caps!

Why is a foot a good Christmas present?
Because it makes a good stocking filler...

What's green, covered in tinsel and goes ribbet ribbet?
A mistle-toad!

Why are Christmas trees so bad at sewing?
They always drop their needles!

Spot the sprouts!

There are 12 sprouts hidden in the scene below, can you find them all?



If you've ever wondered why they're called Brussels sprouts, it's because they're from Brussels! Modern-day Brussels sprouts were widely cultivated in Belgium as early as the 16th century!

