

GROUND PORK AND BURSSEL SPROUT SKILLET



SERVING SIZE

3



INGREDIENTS

ITEM

Brussels Sprouts, Trimmed and shredded
Ground Pork
Coconut Aminos
Avocado Oil
Worcestershire Sauce

QUANTITY

6 Cups
1 Lb.
2 Tbsp.
1 Tbsp.
1 Tbsp.

ITEM

Medium Lemon, Juiced
Salt and Pepper
Crushed Red Pepper Flakes
Fresh Parsley, Chopped

QUANTITY

1
To Taste
2 Tsp.
1 Tbsp.



PREPARATION

- In a large skillet over medium heat, add ground pork.
- Cook until browned, breaking it into crumbles as it cooks. Remove and set aside.
- In the same skillet, heat avocado oil.
- Add shredded Brussels sprouts and sauté for 6-8 minutes, until tender and slightly crispy.
- Return the pork to the skillet.
- Add coconut aminos, Worcestershire sauce, lemon juice, salt, pepper, and red pepper flakes. Stir to combine.
- Cook for an additional 2-3 minutes to meld flavors.
- Garnish with chopped fresh parsley and serve warm. Enjoy!