

GROUND PORK AND BRUSSELS SPROUT SKILLET



SERVING SIZE

3



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Brussels Sprouts, Trimmed and shredded	6 Cups	Medium Lemon, Juiced	1
Ground Pork	1 Lb.	Salt and Pepper	To Taste
Coconut Aminos	2 Tbsp.	Crushed Red Pepper Flakes	2 Tsp.
Avocado Oil	1 Tbsp.	Fresh Parsley, Chopped	1 Tbsp.
Worcestershire Sauce	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!