



RECIPE NAME

SWEET CHILI GROUND BEEF AND BRUSSELS SPROUTS SKILLET

INGREDIENTS

Ingredients

- 1 lb Fitch Ranch Premium Ground Beef
- 12 oz Brussels Sprouts*, halved
- 1 Tbsp (16g) Chili Oil (or your choice of oil)
- 1 tsp Ground Ginger
- 1 tsp Chili Powder
- 1/2 tsp Black Pepper
- 1/2 C (120g) Sweet Chili Sauce**

TIME TO PREPARE

5 Minutes

TIME TO COOK

15 Minutes

CREATED BY:

www.masonfit.com/

PROCEDURE

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1. Microwave the brussels sprouts for 2 minutes or until tender before transferring to a cutting board. Cut them in half once they've cooled.
2. Mix the dry spices together and sprinkle half over the top of the ground beef.
3. Heat a large skillet over medium-high heat with the chili oil. Once the oil is hot, place the ground beef in the skillet seasoned side down. Sprinkle the remaining half of the spices on top of the beef.
4. Cook for 2-3 minutes or until the bottom of the beef has developed a nice crust before flipping. Cook for another 2-3 minutes before using a spatula to break the beef down into crumbles. Cook until no pink remains.
5. Push the cooked beef to the side of the pan and add the brussels sprouts to the skillet, cut side down. Cook for 6-8 minutes, stirring occasionally, until they've developed a slight char.
6. Remove from the heat and mix the brussels sprouts and ground beef together. Drizzle the sweet chili sauce over the top and stir until evenly coated. Serve with rice or cauliflower rice, chopped scallions, toasted sesame seeds, or your choice of fixin's.