



CRISPY AIR-FRYER ESSINGTON BRUSSELS SPROUTS & CHESTNUTS



Tender sprouts and sweet chestnuts roasted to perfection, with smoky pancetta for a deliciously crisp bite.

Ingredients

500g small Brussels sprouts, peeled and halved

180g ready-to-eat chestnuts, halved

1 tbsp olive oil

100g pancetta cubes

Sea salt and freshly ground black pepper

Method

Preheat

Set your air fryer to 180°C.

Prepare the Mix

In a large bowl, toss the Brussels sprouts and chestnuts with olive oil. Season generously with salt and freshly ground black pepper, then stir in the pancetta cubes.

Air Fry

Spread the mixture in a single layer in the air fryer basket. Cook for 18–20 minutes, turning halfway through, until the sprouts are tender inside, crisp on the outside, and the pancetta is golden and crunchy.

Perfect as a festive side or to elevate your everyday roast.