

Cyprus sprouts with cream and prosciutto

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In a big, deep frying pan, fry the prosciutto in the olive oil, on medium heat for 2 minutes. Add the onion and garlic and continue to fry until translucent. Then, add the sprouts and stir well on a low heat for about 4 minutes, until these are cooked too.

Pour the fresh cream over the whole and when it boils, let the whole simmer for 4 minutes. Add salt and pepper to taste and remove from heat. Add the Parmesan and nutmeg and serve hot.

Ingredients:

- 2 tbsps olive oil
- 2 tbsps prosciutto
cut into squares
- 2 tsbps finely chopped onion
- 1 clove garlic finely chopped
- 8 cups sprouts (chard)
cut into strips
- 1/3 cup fresh cream
- 2 tbsps grated Parmesan

1 pinch of nutmeg

Salt, pepper

Source: incyprus.philenews.com