

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

CRISPY ROASTED BRUSSEL SPROUTS

Roasting brings out the very best in vegetables, including Brussels sprouts. Get this method for crispy sprouts down with just a basic sprinkling of salt and pepper, then pair them with everything to turn them into a showy number studded with bacon or glazed with honey.



Crispy Roasted Brussels Sprouts

6 servings

15 minutes

Ingredients

2 lbs Brussels Sprouts (trimmed, thinly sliced)
2 tbsps Avocado Oil
1/2 tsp Sea Salt

Directions

- 1 Arrange a rack in the middle of the oven. Preheat the oven to 400°F (205°C) and line a rimmed baking sheet with parchment paper.
- 2 Trim and halve the Brussels sprouts. Trim the bottoms from the sprouts if they appear dry or yellowed, and peel away the loose outer leaves. Cut each Brussels sprout in half through the stem.
- 3 Toss with oil and season with salt. Place the Brussels sprouts in a large bowl. Add the oil and toss to coat. Sprinkle with the salt and toss to coat again.
- 4 Place the Brussels sprouts onto the baking sheet and arrange them evenly, cut-side down. Spread evenly and season with salt. Roast 20 to 25 minutes until fork tender and the leaves are dark brown and crisp, and the bottoms of the sprouts are browned.
- 5 Season as desired. Toss with additional salt or your favorite sauce or seasonings. Transfer onto plates immediately and serve as a side dish. Enjoy!

Notes

No Avocado Oil: Use olive oil (not extra-virgin), coconut oil or sunflower seed oil instead.

Leftovers: Refrigerate in an airtight container up to 5 days.

Serving Size: One serving is equal to approximately one cup of brussels sprouts.

Seasoning: Hot out of the oven, you can douse your roasted Brussels sprouts with any number of flavorful spices or sauces. Add a few pats of butter and a sprinkling of Italian seasoning on the baking sheet while it is still hot and then toss to coat. Always roast the Brussels sprouts as simply as possible (with just oil and salt) and toss with more flavorful sauces afterwards, to avoid burning or discoloration.

Seasoning combinations: - Chopped apples and crumbled cooked bacon - A few dashes of fish sauce and red pepper flakes - Chile paste and chopped, salted peanuts - Hot sauce and blue cheese crumbles (think Buffalo Wings) - Maple syrup, grainy mustard,

and toasted pecans (my kid's favorite)