

SAUTEED BRUSSELS SPROUTS



INGREDIENTS

1 pound Brussels sprouts, trimmed
and halved
2 Tbsp extra virgin olive oil
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper
1 Tbsp balsamic vinegar or lemon juice
2 Tbsp fresh parsley, chopped
Handful of grated Parmesan cheese

DIRECTIONS

1. Warm a skillet over medium heat and add olive oil. As soon as the oil is hot and shining, add the halved Brussels sprouts, cut-side down. Let cook undisturbed for five to eight minutes, until they develop a dark sear.
2. Add salt and pepper.
3. Stir Brussels sprouts with a wooden spoon or spatula and continue cooking, stirring every few minutes, until the Brussels sprouts are browned all over (six to eight minutes).
4. Remove the pan from heat. Stir in the vinegar.
5. Transfer the sprouts to a serving plate and sprinkle them with fresh parsley and Parmesan cheese.