



PAN ROASTED SHAVED BRUSSELS SPROUTS

Recipe by Nicola Zanghi

This recipe has heat! And it is quick and easy. Buy pre-sliced Brussels sprouts and par cook them in the microwave a day in advance. Simply finish them with honey and the hot sauce of choice just before you sit down for dinner.



Ingredients

4 tablespoons unsalted butter
16 ounces shaved Brussels sprouts
Hot sauce of choice: Sriracha, Choulala, Tabasco, to taste
2 tablespoons honey
Sea salt
Fresh pepper

Directions

Preheat oven 350°
Rinse off the sprouts, sprinkle a bit of salt, and microwave on high for two minutes. This can be done a day in advance, keep refrigerated.
Over medium heat, add butter to a medium nonstick saute pan, shake the sprouts into the pan, drizzle honey, hot sauce, and season with salt and pepper. Toss in the pan for 8 - 10 minutes.

Vegan Option

Substitute coconut butter or a nut oil in place of traditional butter.

Serves 4-6