

SIMPLE PAN SEARED BRUSSEL SPROUTS



SERVING SIZE

4



INGREDIENTS

ITEM

Oil
Small Brussels Sprouts, Ends Trimmed
And Halved Through The Core
Coarse Salt

QUANTITY

1 Tbsp.
4 Cups
1 Tsp.



PREPARATION

- Heat oil in a large skillet over medium-high heat.
- Add Brussels sprouts cut-side down in a single layer.
- Cook 5-6 minutes without stirring until deeply golden and crisp.
- Stir and cook another 2-3 minutes until tender.
- Season with coarse salt and remove from heat.
- Serve immediately while hot. Enjoy!