

Lime Pecorino Brussels Sprouts

November 26th, 2020

This recipe serves: 4

Prep Time: 00:30

Cook Time: 00:15

This is an easy side dish to add some green to your meal. The Lime and Pecorino Cheese will kick your Brussels Sprouts to the next level.

Ingredients:

1 pound Brussels Sprouts
2 Tablespoons Olive Oil
1 Lime, juiced (2 Tablespoons or 1 fluid ounce)
1 Pinch Kosher Salt
1/4 Cup Pecorino Romano Cheese, Shredded

Directions:

Clean and trim the Brussel Sprouts. Cut each Sprout in half, lengthwise (through the base).

In a **cold**

large non-stick frying pan, arrange all of the Sprout halves, cut side down. Drizzle with the Olive Oil. Lid the pan and heat over medium-high heat.

Cook for about 5 minutes. The Sprouts should turn a brighter green and the cut sides should begin to brown.

Remove the lid and continue to cook another 2 or 3 minutes, until the cut sides are well browned and an inserted fork offers no resistance.

Lower the heat slightly and/or re-arrange the Sprouts to ensure that they are all sufficiently cooked without burning.

In a medium bowl, mix the Lime Juice and a pinch of Salt in small bowl.

Remove the Pan from the heat. Move the Sprouts into the bowl. Mix evenly to coat the Sprouts in the Lime Juice.

Sprinkle with Pecorino Romano Cheese and mix again.

Serve warm.