

Pomegranate Lemon Brussels Sprouts

June 19th, 2021

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 Pomegranate and Lemon Juice will turn Brussels Sprouts into a tasty side dish that will equally accent a Steak or a plate of Shawarma.

Ingredients:

1 pound Brussels Sprouts
2 Tablespoons Olive Oil
2 Tablespoons Pomegranate Syrup
1 Lemon, juiced (2 Tablespoons or 1 fluid ounce)
1/4 Teaspoon Aleppo Pepper or Chili Powder (more or less to taste)
4 Ounces Bacon, fried and crumbled
2 Ounces Pistachios, roughly chopped

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. Sprinkle with the Aleppo Pepper 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 Pomegranate and the Lemon Juice in a small bowl.

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

Sprinkle with the Bacon and Pistachios and then mix again.