

Roasted Maple Sriracha Brussels Sprouts

February 28th, 2022

This recipe serves: 4

Prep Time: 00:15

Cook Time: 00:15

When I was young, Brussels Sprouts had a foul, bitter, sulfurous taste. In the interest of extending the shelf-life of Brussels Sprouts, growers had opted to sacrifice the flavor for a more durable product. However, in the mid 1990's, researchers selectively bred a Brussels Sprout that had a long shelf life, without the horrid flavor. As a result, Brussels Sprouts today are quite flavorful and can provide a tasty addition to any meal.

Ingredients:

- 1 Pound Brussels Sprouts
- 1 Tablespoon Olive Oil
- 1 Teaspoon Maple Syrup
- 2 Teaspoons Sriracha Pepper
- 2 Tablespoons Panko Crumbs

Directions:

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

In a small bowl mix the Olive Oil, Syrup, and Sriracha.

Add the Brussels Sprouts and toss well until thoroughly coated.

Sprinkle with Panko Crumbs and toss again to distribute the crumbs.

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 at 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. 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.

Serve warm