

Crispy Thai Brussels Sprouts



Thai Fish Sauce

Ingredients:

- 1 tsp minced Thai Chili Pepper (about 1 sm pepper)
- 1 clove Garlic, minced or grated
- ¼ cup Lime juice (about 2 Limes)
- 1½ tbsp Sugar
- 1½ tbsp Fish sauce
- 1 tsp Rice vinegar
- 1 tbsp Water

Directions:

In a mortar and pestle, pound garlic and pepper to a fine paste.
Transfer paste to small bowl.
Add lime juice, sugar, fish sauce, rice vinegar, and water, and whisk to combine, until sugar is dissolved.
Spoon over hot Brussels sprouts.

Brussels Sprouts

Ingredients:

- 1 lb of med-sized Brussels Sprouts
- 2½ tbsp Grapeseed or Olive oil
- ½ tsp Sea Salt
- 4-5 dashes of Cayenne Pepper
- 5 grinds of black Pepper

Directions:

Place a cookie sheet into the oven and pre-heat to 400°.
Wash and dry the Brussels sprouts and cut in half.
Then add to a bowl with oil, salt, cayenne, and black pepper.
Massage for 2 minutes to ensure that they are well coated.
Carefully remove the hot cookie sheet from the oven and transfer the seasoned sprouts to the pan, cut side down.
Roast for 30-40 minutes, stirring occasionally when needed (cooking time will differ depending on the size of your sprouts, so roast until they look good to you 😊)
Remove the sprouts from the oven and stir one more time.