

Sweet Sesame Brussel Sprouts

Makes four servings

MARY MAKES DINNER

Ingredients

12 ounces brussel sprouts, sliced in half
2 tablespoons sesame oil (the stinky toasted kind)
3 tablespoons soy sauce (or tamari or Dr. Bragg's for gluten-free folks)
1 teaspoon red pepper flakes/paste
1 tablespoon maple syrup
2 teaspoons fish sauce or extra soy sauce
1 tablespoon rice vinegar
1 lime, halved
1 jalapeno, sliced thin
one handful basil, chopped
one handful cilantro, chopped
a few scallions, sliced



Directions

1. Heat up a large skillet over medium heat. (Cast iron is best, but steel will do.)
2. When the pan is piping hot, add the oil and spread it out using a spatula.
3. Quickly place the brussel sprouts in the pan, flat (cut) side down.
4. Allow the sprouts to cook for five or ten minutes, long enough to give them a nice brown color on the bottom.
5. In a small mixing bowl, whisk together the soy sauce, maple syrup, red pepper, rice vinegar, and fish sauce if you are using it.
6. Pour the mixture over the brussel sprouts in the pan. Let the mixture bubble away, cooking for about five minutes.
7. Remove the brussel sprouts from the pan, along with the sauce, and toss with the fresh herbs, scallions, and jalapeno.
8. Squirt the lime over the mixture, then serve right away.

Serve these over rice or noodles.

This recipe caame from Mary Makes Dinner

<http://www.MaryMakesDinner.com>

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Questions, comments?

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