

Roasted Brussel Sprouts



Serves 4



30 minutes



Autumn



Brussel Sprouts



INGREDIENTS:

- 500 g Brussel Sprouts
- 2 tsp smoked paprika/paprika
- 2 tbsp olive oil
- 2 tsp minced garlic / garlic powder
- Salt, to taste
- 1 tbsp fresh lemon juice

METHOD:

1. Preheat your oven to 200°C.
2. Cut off the ends and remove any loose or damaged leaves. Then, cut them in half lengthwise.
3. In a large bowl, mix the Brussels sprouts with olive oil, smoked paprika (or regular paprika), minced garlic, and salt. Make sure they are well-coated.
4. Spread the Brussels sprouts in a single layer on a baking sheet. This helps them cook evenly.
5. Put the baking sheet in the preheated oven and roast for 20-25 minutes, until the Brussels sprouts are golden brown and crispy on the edges. Stir them in the middle of cooking so they cook evenly.
6. Once they are done, take them out of the oven and drizzle with fresh lemon juice. Toss to coat evenly.
7. Enjoy the roasted Brussels sprouts warm. They go well with roast chicken, grilled salmon, steak, quinoa, rice, or couscous.

TIPS:

- When selecting Brussel sprouts for roasting look for green heads that are firm, and leaves are tightly packed.
- Try to get Brussels sprouts that are about the same size, so they cook evenly.
- Keep any leftovers in the fridge for 3-4 days. To reheat, put them in an oven at 180°C for about 5 minutes.

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