

Roasted Brussels Sprouts

Roasting is one of the best ways to bring out the delicious nutty flavours in Brussels sprouts—plus it's SO easy. All you really need to do is toss them with olive oil, spread them on a baking tray, and let them hang out in the oven for a half an hour. The result is delicious veggies that might even outshine your main course.

What makes roasted Brussels sprouts so delicious? The crispy edges! There are a few ways to insure that your Brussels get as crispy as possible:

Don't line your tray.

Grease proof paper is great for baked goods like cookies and brownies, but not needed for roasting. Veggies have a much better chance of crisping up when placed directly on a metal baking sheet.

Don't overcrowd your pan.

As your sprouts cook they will release a bit of moisture. If all of them are crowded in a small pan, that moisture will begin to steam the Brussels, resulting in mushy sprouts. Mushy sprouts = ☹️

Keep the heat high.

Want deep caramelisation in a short amount of time? High heat is the way to go. Roasting at a lower heat will eventually give you some golden veggies, but we prefer hot and fast because it leaves the sprouts with a little bit of crunch. Al dente Brussels sprouts, if you will.

Keep 'em cut side down.

As with any roasted veggie, we want as much surface area to be touching the baking sheet as possible. After you've dumped all your oiled-up sprouts onto your baking sheet, give it a shake to allow the sprouts to rest cut-side down. I like to even go through and flip the last stragglers. It'll be worth it in the end.

Don't mess with them.

Those cut sides will take awhile to caramelize, so give 'em a chance! If you're stirring your veg every few minutes, they won't have enough time on any side to get that delicious golden colour. Before giving your sprouts a big stir, check the undersides to make sure they're done caramelizing. If you've got the colour you're looking for, give them a stir to allow them to get a little colour on their rounded sides.

For Ingredients And Complete Cooking Instructions Please Head On Over To Next Page Or Open button (>) and don't forget to SHARE with your Facebook friends

Ingredients

1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed

3 tablespoons olive oil

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Directions

Preheat oven to 400 degrees F (205 degrees C).

Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.

Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

Source : allrecipes.com