



Kung Pao

Brussels Sprouts



Roasted Brussels sprouts tossed with spicy Kung Pao sauce! This is a delicious vegetarian appetizer or side dish inspired by a popular Chinese dish.

Ingredients:

FOR THE ROASTED BRUSSELS SPROUTS

- 2 lb. Brussels sprouts
- 2 tbsp. extra virgin olive oil

FOR THE KUNG PAO SAUCE

- 2 tbsp. soy sauce or reduced-sodium tamari
- 2 tbsp. honey or maple syrup
- 1 tbsp. rice vinegar
- 2 tsp. toasted sesame oil
- 1/2 to 2 tsp. sriracha, to taste
- 2 cloves garlic

GARNISHES

- roasted peanuts
- chopped green onion
- fresh cilantro leaves
- red pepper flakes

Instructions:

- Preheat oven to 400 degrees Fahrenheit.
- Wash and trim Brussels sprouts, then cut in half.
- Transfer the sprouts to a large, rimmed baking sheet.
- Toss with 2 tbsp. olive oil, until coated.
- Arrange in an even layer and roast for 25 to 30 minutes, tossing halfway until caramelized.

To prepare the Kung Pao sauce:

- In a small saucepan, add soy sauce or tamari, honey or maple syrup, rice vinegar, sesame oil, sriracha and garlic.
- Wisk until combined, bringing mixture to a boil. Stir often, about 4-5 minutes.
- Pour sauce over sprouts in a medium serving bowl. Garnish as necessary and serve immediately.



Prep Time: 15 mins

Cook Time: 30 min

Servings: 4-6 portions

