

Sautéed Brussels Sprouts & Shallots

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 45 minutes

Chef's Notes

Brussels sprouts can be cut ahead of time. The shallots can also be cut and even fried ahead and then just tossed in last minute.

Step 1: Cutting the Vegetables

- 2 to 2 1/2 lb Brussels sprouts
- 1 lb shallots (about 10 to 12)

Peel and clean the Brussels sprouts and then cut into wedges. Make sure to keep the core so the sprouts stay intact once cut.

Next émincé the shallots.

Step 2: Cooking the Shallots

- 2 tbsp grapeseed or canola oil
- 1/2 tsp sea salt

To cook the shallots heat a fry pan over medium heat. Once hot, add the oil and shallots and toss to coat. Sprinkle with the salt. Cook, stirring occasionally, until the shallots have browned and caramelized nicely. Set aside while you cook the sprouts.

Step 3: Sautéing the Brussels Sprouts

- 2 tsp grapeseed or canola oil
- 2 tsp non-dairy butter

To cook the Brussels sprouts, use the same pan. Add the oil and non-dairy butter, followed by the sprouts and toss to combine. Let cook, tossing occasionally, until cooked through and golden brown on the edges.

Step 4: Finishing the Dish

- sea salt, to taste
- freshly ground black pepper. to taste

To finish the dish, fold the shallots into the Brussels sprouts. Check for seasoning and serve immediately.