

Roasted Brussels Sprouts w/ Lemon Breadcrumbs

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 40 minutes

Step 1: Making the Breadcrumbs

- 2 to 3 slices white bread
- 1 tbsp extra-virgin olive oil
- sea salt (to taste)
- freshly ground black pepper (to taste)
- 1/2 tsp fresh lemon zest

Preheat your oven to 350°F (175°C).

Remove the crust from the bread and place into a food processor. Pulse until you reach a coarse texture. Place the breadcrumbs into a bowl and toss with the olive oil. Season to taste with salt and pepper. Place onto a parchment-lined baking tray and bake until golden, tossing from time to time, about 10 minutes. Once done, zest the lemon over top. Toss to combine and set aside to cool.

Increase the oven temperature to 475°F (250°C).

Step 2: Roasting the Brussels Sprouts

- 1 lb Brussels sprouts
- 1 to 2 tbsp olive oil
- sea salt (to taste)
- freshly ground black pepper (to taste)

Wash, dry and trim the Brussels sprouts. Cut in half lengthwise. Place into a bowl and toss with the olive oil and salt and pepper to taste. Arrange cut-side down on a parchment-lined baking tray. Place into the oven and roast for 8 to 12 minutes or until golden, turning once, if necessary.

Step 3: Assembling the Dish

- 1/3 cup Plant-Based Parmesan

Once the Brussels sprouts are cooked to your liking, remove them from the oven. Place into a shallow serving dish and sprinkle the breadcrumbs over top. If desired, garnish with some Plant-Based Parmesan as well. Serve immediately.