

BALSAMIC & HONEY ROASTED BRUSSELS SPROUTS



Easy



30 minutes



Side



04 Servings

INGREDIENTS

500g brussels sprouts
3 tbsp olive oil separated
¾ tsp sea salt
½ tsp ground black pepper
2 tbsp balsamic vinegar or glaze
2 tsp honey



COOKING STEPS

Preheat oven to 425°F/210 Celsius

Line a baking sheet or tray with aluminium foil.

Trim off the outer dry leaves and cut the bottom off and slice sprouts lengthwise.

In a large bowl, toss brussels sprouts with 2 tablespoons of olive oil, salt and freshly cracked black pepper to coat thoroughly.

Transfer the brussels sprouts to your baking sheet/tray and roast until tender and caramelized, about 20 minutes.

Place brussels sprouts back in a bowl. Add the remaining tablespoon of olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.