

# GARLICKY ROASTED BRUSSELS SPROUTS



Easy



50 Minutes



Side



04 Servings

## INGREDIENTS

400g sprouts, halved  
4 tablespoons olive oil  
½ teaspoon salt  
1 teaspoon pepper  
1 teaspoon garlic powder  
30g breadcrumbs  
40g grated parmesan cheese



## COOKING STEPS

Pre-heat oven to 400F/200C.

Remove the stem from each sprout and cut in half. Place the brussels sprouts in a large bowl.

Add the rest of the ingredients to the bowl and toss to cover.

Spread the sprouts onto a baking sheet.

Bake in a 400°F (200°C) oven for 20 minutes.

Flip the sprouts, then bake for an additional 20 minutes or until the sprouts are fork-tender and golden.