

# Mouth-Watering Crispy Brussels Sprouts



## Ingredients:

- 1 kg Brussels sprouts, trimmed, halved, outer leaves removed (6 cups prepped)
- 2 TL olive oil, plus more for serving
- 1 TL Harissa
- 3/4 TL fine sea salt
- Freshly ground black pepper, to taste

## Directions:

1. Preheat the oven to 200°C and line a large baking sheet with parchment paper.
2. With a paring knife, trim off the ends of the sprouts, then slice in half lengthwise, and pick off any loose outer leaves.
3. Place the prepped sprouts into a large bowl. Add the oil onto the sprouts in the bowl and stir or toss with hands until thoroughly coated. Add the Harissa and salt, and stir until combined.
4. Spread the Brussels sprouts onto the prepared baking sheet in a uniform layer. Garnish with freshly ground black pepper.
5. Roast the sprouts for 20 minutes, then flip with spatula, and continue roasting for another 5-15 minutes until browned to your liking. I tend to "overcook" these because I like them crispy and charred (I usually brown mine more than the photos show). Smaller sprouts will brown faster than larger ones.

6. Drizzle with a teaspoon or so of melted coconut oil and quickly toss to coat. This infuses with flavor and moistens them a bit after roasting. Sometimes I also sprinkle on toasted sesame seeds if I have some on hand. Taste and add another tiny pinch of salt, if desired, and serve immediately - the hotter the better.
7. 15 minutes later (that's 30 minutes so far of roasting time) take the baking sheet out again and give them another mix around with the spoon. Squeeze the juice of an entire lemon on top of the Brussels and then chop up the lemon and throw it on top. Back into the oven they go for about 10 more minutes. (Notice all the beautiful brown bits that are starting to pop up)

(plus 7 ways to flavor them!)

- A drizzle of pomegranate molasses or balsamic reduction with pomegranate arils (very festive!) - you can skip the Harissa here.
- Garlic infused - try minced garlic cloves, garlic-infused oil, garlic salt
- Teriyaki sauce - pairs well with sesame seeds
- Barbecue sauce (I've been known to use BBQ sauce as a dip!)
- Coconut curry sauce or your favorite curry powder
- Sriracha or other hot sauce
- Ground toasted nuts or seeds like pecans or sesame seeds.  
I want to try hemp hearts too.