

Sauteed Brussel Sprouts

Learn to make perfectly sautéed Brussels sprouts with this easy recipe. Crispy, caramelized, and delicious in just 20 minutes!

5	15	20	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Sauteed Brussel Sprouts

Ingredients

- 1 lb brussell sprouts
- 2 tbsp olive oil
- 1 tsp black pepper
- 1 tsp salt
- 1 tbsp walnut
- 1 tbsp fresh lemon juice
- 1 cup parmesan cheese
- 1 pinch parsley

Instructions

- 1 Prepare the Brussels sprouts**

Rinse 1 pound Brussels sprouts under cold water and pat completely dry with paper towels. Trim the stem ends and remove any yellowed outer leaves. Cut each Brussels sprout in half lengthwise through the stem.
- 2 Heat a large skillet over medium-high heat for 2-3 minutes until hot.**
- 3 Sear the Brussels sprouts**

Add 2 tablespoons oil to the hot skillet and swirl to coat. Place Brussels sprouts cut-side down in a single layer, working in batches if needed to avoid overcrowding.
- 4 Cook undisturbed for 4-5 minutes until the cut sides are golden brown and caramelized. Flip Brussels sprouts and cook for another 3-4 minutes until tender when pierced with a fork.**
- 5 Season with 1 teaspoon salt and 1 teaspoon black pepper. Add 1 tablespoon butter and toss to coat the Brussels sprouts as it melts.**
- 6 Finish and serve**

Remove from heat and stir in 1 tablespoon vinegar and 1 cup chopped nuts. Transfer to a serving dish and garnish with a pinch of red pepper flakes. Serve immediately while hot.

Tips

Choose smaller Brussels sprouts when possible, as they tend to be sweeter and more tender than larger ones.

Don't overcrowd the pan - cook in batches if necessary to ensure proper browning and caramelization.

Let the Brussels sprouts sit undisturbed for the first 5-8 minutes to develop a proper sear before stirring.

Cut Brussels sprouts in half through the stem to ensure even cooking and maximum surface area for browning.

Pat Brussels sprouts completely dry after washing to prevent steaming and ensure crispy edges.

Don't overcook - Brussels sprouts should be tender but still have a slight bite to maintain their nutty flavor.

Add delicate ingredients like nuts and herbs at the end of cooking to prevent burning.

If using frozen Brussels sprouts, thaw completely and squeeze out excess moisture before cooking.