

Shards of Brussels with Herbed Dijon

Brussels sprouts can be a bitch. While they are incredibly nutritious, they can be unpalatable for many. Determined to get my clients and students to consume them, I tried shredding and dazzling them with some dressing after roasting. Hello Brussels believers!!!

INGREDIENTS

2 pounds Brussels sprouts,
bottoms trimmed, halved and thinly
sliced
4 tablespoons extra virgin olive oil
1/4 teaspoon salt

1 tablespoon mirin
1 tablespoon minced fresh thyme
leaves
1 tablespoon minced fresh oregano
leaves

FOR HERBED DIJON

1/2 tablespoon Dijon mustard
3 tablespoons extra virgin olive oil
2 tablespoons rice vinegar,
unseasoned

STEP 1

Preheat the oven to 350°

STEP 2

Place the Brussels sprouts in a roasting pan with the olive oil and salt. Toss and spread the sprouts evenly across the pan.

STEP 3

Bake for 25 to 30 minutes, turning occasionally, until tender and slightly browned (even a little crispy).

STEP 4

Prepare the herbed Dijon by adding ingredients to a bowl and whisking or adding to a jar, covering and shaking. Then toss with the Brussels sprouts.

SERVES

4 people

TIME

🕒 45m

SHOPPING LIST

2 pound Brussels sprouts
1 jar extra virgin olive oil
Salt
1 jar Dijon mustard
1 jar rice vinegar, unseasoned
1 jar mirin
1 bunch fresh thyme
1 bunch fresh oregano

EQUIPMENT

Roasting pan or baking sheet
Small bowl + whisk or jar with lid

STORAGE

Store in fridge in an air tight container, preferably glass, for 3-4 days.