RECIPE

Simple Brussel Sprouts (and practical grocery list)

Ready in **20 minutes or less**

Serves **Bobby**

Grocery List

These are items that you should have on hand to make your kitchen life easier. With these simple ingredients in your pantry you can jazz up a lot of dishes. And whip up something tasty quickly.

- Olive Oil
- Butter
- Lemons
- White/balsamic vinegar
- Garlic- one head/one thing :)
- White Onion, Red Onion
- Chicken Stock (they have small little individual portions)
- Salt, Pepper, and your assortment of spices that you enjoy
- Parmesan (I like getting a little block and grate it on things.

Ingredients

- Brussel Sprouts, or a variety of veggies of whatever might be in season. Think Carrots, Sweet Potatoes, Turnips, (hearty root veggies) and then you can also saute in some leafy greens such as Spinach as you get comfortable.
- Pancetta - I would go with small already cubed kind to minimize the amount of work you need to do.
- Garlic: 1-2 cloves for your taste
- ½ medium white onion
- ¼-½ lemon worth of juice

- OPTIONAL: A couple TBSP of water OR chicken stock

Preparation

Now this a basic outline- think of it a guideline and as you get comfortable you can substitute different veggies from above OR even combine the veggies! If you add leafy greens, such as spinach, those would be added LAST as it doesn't require a long cooking time. I kept the flavors to complement many veggies so go nuts... you can do this on leafy veggies too!

1. **Wash Brussel Sprouts, Chop Garlic, Prepare lemon, Open Pancetta**

   You can either leave the sprouts whole or halve them - halving them will give you more surface area to get some good browning and char for fuller flavor. Set Brussel Sprouts aside. Peel and then chop up garlic as small as your can, unless you like big chunks. Prepare your lemon- a quarter to half a lemon - you just want the juice

2. **Get your pan ready**

   So in general when you are cooking you want the heat up your pan and any oil you are using - remember that flavors come out when they are heated up. So heat your saute pan on MED/MED HIGH and drizzle a generous amount of olive oil and let it heat up for minute. Add garlic and let the garlic "bloom" meaning you are releasing the flavors. You want the garlic to turn soft and maybe even starting to brown - not burnt! Add pancetta and cook until almost crispy and some of the fat has been rendered out into the pan.

3. **Add white onion**

   Saute for a couple of minutes as the onions start to soften and turn translucent

4. **Add Brussel Sprouts**

   Sear brussel sprout for a minute or 2 on "one"side and then flip and same on the other side. Stir occasionally

5. **Keep Sauteing or Steam**

   If you want to cover and steam the sprouts - add the water or stock and cover steam for a few minutes... OR you can keep cooking uncovered until desired tenderness - *you can add in Spinach or other leafy greens before covering to steam, if you choose to*

Tips

Salt and pepper to season while still in pan and stir to incorporate. Then drizzle with some lemon juice before eating.

OPTIONS: shave some parmesan and sprinkle on veggies with the lemon juice

MORE OPTIONS: toast some sliced almonds or pecans for a minute and add to veggies for extra crunch and texture.

EVEN MORE OPTIONS: cut up and sprinkle with Italian parsley.