

Crispy ParmesanCrusted Roasted Brussels Sprouts

Savannah · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

46 mins

Description

We took the viral TikTok ParmesanCrusted Potatoes and applied the same method to Brussels sprouts to make them crispy cheesy and ohso delicious. These could not be any easier a great side dish to almost any meal. Reheat any leftovers in the air fryer to maintain the crispy crust.

Ingredients

- - 2 pounds Brussels sprouts
- trimmed and halved - 1 cup finely shredded Parmesan cheese - ¼ cup unsalted butter
- melted - 1 teaspoon garlic powder - 1 teaspoon onion powder - 1 teaspoon kosher salt - ½ teaspoon coarsely ground black pepper - 2 teaspoons lemon zest

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Stir together Parmesan cheese
2. butter
3. garlic powder
4. onion powder
5. salt
6. and pepper in a bowl. Scatter cheese mixture in an even layer in the center of a large nonstick rimmed baking sheet. Press Brussels sprouts
7. cut sides down
8. into cheese mixture in a single even layer about 3/4- to 1-inch apart. Bake in the preheated oven until Brussels sprouts are tender and cheese layer is golden brown and crisp
9. 16 to 18 minutes (the cheese will further crisp once removed from the oven). Let stand 5 minutes; gently separate Brussels sprouts to serve. Sprinkle with lemon zest
10. and serve hot.