



Pan Fried Brussels Sprouts

Savannah · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

These panfried Brussel sprouts are so delicious Dont be afraid of Brussels sprouts Yes they are green but panfrying them brings out their flavor Use as a side dish or if youre like me an onthego breakfast item

Ingredients

- - 1 tablespoon olive oil - 2 teaspoons crushed garlic - ¼ white onion
- chopped - 1 pound trimmed Brussels sprouts - salt and ground black pepper to taste - 1 pinch garlic powder
- or to taste

Instructions

1. Gather the ingredients. Heat olive oil in a cast-iron skillet over medium-low heat. Add garlic and stir until golden brown and fragrant
2. about 2 to 3 minutes. Add onion and cook until soft
3. stirring often
4. about 5 minutes. Add Brussels sprouts and cook until one side of the sprouts turns golden brown
5. 5 to 7 minutes. Stir to turn sprouts over and cook until evenly golden brown
6. another 5 to 7 minutes. Season with salt
7. black pepper
8. and garlic powder.