



Air Fryer Brussels Sprouts

Savannah · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

2

Description

These airfried Brussels sprouts feature sweet and tart balsamic vinegar which pairs well with the bitterness of Brussels sprouts and bacon which adds a smoky flavor After 10 minutes the sprouts still have some bite add a few more minutes for a softer texture if desired

Ingredients

- - 1 teaspoon avocado oil - ½ teaspoon salt - ½ teaspoon ground black pepper - 10 ounces Brussels sprouts
- trimmed and halved lengthwise - 1 teaspoon balsamic vinegar - 2 teaspoons crumbled cooked bacon (Optional)

Instructions

1. Preheat an air fryer to 350 degrees F (175 degrees C). Combine oil
2. salt
3. and pepper in a large bowl and mix well. Add Brussels sprouts and turn to coat. Transfer Brussels sprouts to the air fryer basket. Cook in the preheated air fryer for 5 minutes. Shake the air fryer basket to move sprouts and cook for 5 minutes more. Transfer sprouts to a serving dish and sprinkle with balsamic vinegar; turn to coat. Sprinkle with bacon.