

Broccoli and Brussels Sprout Delight

Savannah · 28/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

4

Description

Broccoli and Brussels sprouts combine and come together in delightful way If you love Brussels sprouts this is a nice way to reintroduce them to your friends and family Use fresh Brussels sprouts and broccoli If the sprouts are large trim and quarter them

Ingredients

- - 3 tablespoons butter
- divided - 2 cloves garlic
- chopped - 2 cups broccoli florets - 8 Brussels sprouts
- trimmed and halved - 1 small tomato
- seeded and diced - $\frac{1}{4}$ teaspoon salt - ? teaspoon red pepper flakes

Instructions

1. Melt 1 tablespoon butter in a large skillet over medium heat; cook and stir garlic in hot butter until fragrant
2. 1 to 2 minutes. Stir broccoli and Brussels sprouts into garlic; add tomato and remaining 2 tablespoons butter. Season with salt and red pepper flakes. Stir Brussels sprouts mixture until well combined
3. then cover the skillet and cook until browned on one side
4. about 5 minutes. Flip sprouts and broccoli
5. cover the skillet again
6. and cook until browned on the other side
7. about 4 minutes.