

Parmesan Brussels Sprouts

Savannah · 28/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

2

Description

It was my first year cooking Christmas dinner for the family and I was just thinking of imaginative vegetables I could have. Turned out great and everyone loved them and have been cooking them ever since. Goes well with everything.

Ingredients

- - 1 tablespoon butter - 2 cloves garlic
- chopped - 1 tablespoon butter - 6 Brussels sprouts
- trimmed and halved - 1 tablespoon butter - 2 tablespoons shredded Parmesan cheese
- or more to taste - salt and ground black pepper to taste

Instructions

1. Heat a frying pan over medium heat until hot
2. 3 minutes. Melt 1 tablespoon butter; cook and stir garlic until fragrant
3. 30 seconds. Add 1 tablespoon butter and Brussels sprouts
4. cut-side down; cover and cook until golden brown
5. 4 to 6 minutes. Flip Brussels sprouts; add 1 tablespoon butter. Cover and cook until other side is browned
6. about 3 more minutes. Transfer to a serving plate. Sprinkle with Parmesan cheese
7. salt
8. and black pepper. Molly Cook's Note To add a great crunch to the dish
9. take off some of the leaves from the Brussels sprouts while washing them. (I usually remove two or three from each sprout.) Then add them in during the cooking process.