

BRUSSELS SPROUTS WITH BROWNED BUTTER & BLACK GARLIC

Recipe Adapted from SIMPLE by Yotem Ottolenghi, 2018 Penguin Random House



TIME TO PREPARE

20 Minutes



BAKE TIME

0 Minutes



4 SERVINGS



Ingredients

1 lb Brussels sprouts, trimmed and cut in half lengthwise (about 4 cups)
1 tbsp olive oil
Salt
3/4 tsp caraway seeds
1 [whole head black garlic](#), roughly chopped (up to 12 cloves)
2 tbsp fresh thyme leaves
2 tbsp unsalted butter
3 tbsp raw pumpkin seeds
1 1/2 tsp freshly squeezed lemon juice
1 tbsp [tahini](#)

Steps to Make

1. Preheat oven to 450 F.
2. In a bowl, mix the sprouts, oil and 1/4 tsp salt, then turn out onto a parchment paper-lined baking sheet. Roast in preheated oven for 10 minutes, until sprouts are golden brown, but still crunchy.
3. Meanwhile, lightly crush the caraway seeds with a mortar and pestle. Add the black garlic and thyme and crush them to form a rough paste.
4. In a skillet or sauté pan, melt butter over medium heat. Cook butter for 3 minutes until melted and dark brown (*taking care to not have the heat turned up too high so that it burns*). Add the crushed garlic paste, sprouts, pumpkin seeds and remaining salt. Stir for 30 seconds, then remove from the heat. Stir in the lemon juice and transfer to serving dish. Drizzle with tahini and serve immediately.