

Glazed Sesame Brussels Sprouts



By Chef Amanda DeLaura

Have we moved past the Brussels sprouts craze? I certainly haven't! They are still good for me—packed with Vitamin K, high fiber, and antioxidants—so why wouldn't I keep enjoying them? This particular recipe was adapted from a sesame chicken dish I discovered in *The New York Times*. It is easy, delicious, and pairs well with varying proteins—particularly roasted chicken, baked salmon, or grilled pork chops. Bon appétit!

Makes 4 servings

Ingredients:

1 lb bag of Brussels sprouts, *trimmed & cut in half lengthwise*
1 Tbsp olive oil
2 Tbsp sesame oil
1" piece ginger, *minced*
2 cloves garlic, *minced*
2 full scallions, *cut into 1" pieces*
1/4 tsp red chili flakes
1 handful raw cashews
3 Tbsp mirin (cooking rice wine)

1 Tbsp soy sauce (or coconut aminos)
2 dates, *thinly sliced*
1 handful cilantro, *chopped*
1/4 lime, *juiced*
Salt & pepper, *to taste*

Directions:

1. Toss your cut Brussels sprouts with 1 Tbsp of olive oil and place into an air fryer. Cook at 400°F for 7 minutes. Toss and continue to cook for 7 more minutes. (If not using an air fryer, bake at convection bake 425°F for 15 minutes, or until crispy and brown, mixing at the 7-minute mark.)
2. Meanwhile, combine the ginger, garlic, scallions, and red chili flakes in a small bowl. Separately combine the mirin, soy sauce, and dates.
3. Once your Brussels sprouts are cooked, heat the 2 Tbsp of sesame oil in a wok or large frying pan. Once shimmering, add your ginger, garlic, scallions, and red chili flakes. Cook till fragrant (about two minutes). Add cashews and continue to cook for 1 minute, till browned and fragrant.
4. Lastly add your Brussels sprouts and mirin mixture and toss over the heat for 30 seconds, till well incorporated. Remove from heat, plate onto a serving dish, and garnish with cilantro, lime juice, salt, and pepper. Serve while still warm.