RECIPE

Roasted Brussels Sprouts

Brussels sprouts roasted until the cut sides are deep brown and the leaves crisp, a dinner side from the oven or the air fryer.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 1 ½ lb Brussels sprouts, trimmed and halved
- [ ] 2 tbsp olive oil
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 2 tsp lemon juice

Method

1. Heat the oven to 425 °F with a rimmed sheet pan inside. Trim the stem ends and pull off any loose or yellow leaves. Cut each sprout in half through the stem.
2. Toss the sprouts with the oil, salt and pepper in a big bowl until every cut side shines.
3. Tip them onto the hot pan and turn each one cut side down. Do not crowd them; use two pans if they touch in a pile.
4. Roast 20 to 25 minutes, until the cut sides are dark brown and a knife slides into the stem end. Do not stir.
5. Squeeze the lemon over them and serve hot.

6 Air fryer: heat to 380 °F. Cook half the sprouts at a time in one layer, shaking the basket at 6 minutes, for 12 to 15 minutes in all, until dark at the edges. Add the lemon after.