



Brussels Sprouts with Honey Dijon Glaze

Ingredients

Brussels Sprouts

- 1 lb Brussels Sprouts, medium size-washed and halved
- Olive oil
- 2 Tbsp garlic, chopped
- Kosher Salt
- Freshly ground black pepper

For the Honey Dijon sauce

- 5 Tbsp Dijon Mustard
- 4 Tbsp Good Honey - good quality
- 1 Tbsp fresh thyme, chopped
- 1 Tbsp fresh rosemary,
- 1 tsp lemon juice, fresh
- Kosher Salt
- Freshly ground black pepper

Method

Blanch the Brussels Sprouts:

- Bring a large pot of salted water to a boil.
- Have a large bowl or pot of ice water waiting (also salted please) in your kitchen sink
- Add the Brussels to the pot of boiling water, cook for 4 minutes.
- Carefully strain the Brussels into a colander and dump them into the ice bath.
- After 3 minutes, strain the cold Brussels; shake the colander well to remove excess

Prepare the honey dijon sauce:

- In a medium mixing bowl, combine dijon mustard and honey.
- Add the chopped thyme, minced rosemary, lemon juice, a good pinch of salt and a few turns of the pepper mill.
- Stir together and set aside at room temp.

Lastly, sauté the brussels:

- Heat a large sauté pan over medium high heat.
- Coat the bottom of the pan with olive oil.
- Add the garlic and sauté until fragrant-about a minute, being careful not to burn the garlic
- Add the blanched brussels into the pan and shake around, if you can carefully flip them like a chef does - do it! If not, use a spatula or wooden spoon to move the brussels around.
- Continue to sauté for another 3-4 minutes, the brussels will begin to break down a bit.
- Add the prepared honey dijon sauce over the Brussels and continue to move them around