
Kimchi Brussels Sprouts

Description

A great side dish to elevate your Thanksgiving table with a local twist! Adds a kick of spice to the traditional holiday spread.

Total time: 40 min Yield: 6 to 8 servings

Ingredients

2 lb Brussels sprouts (trimmed and split in half)
1 red onion (thinly sliced)
3 Tbsp ginger (minced)
2 Tbsp extra virgin olive oil
1/2 tsp salt
1/2 tsp black pepper
nonstick cooking spray
1 Tbsp kimchi base
1 cup kimchi (well drained, rough chop)
1 Tbsp rice wine vinegar
1 Tbsp fish sauce
1/4 cup Thai basil (rough chop)

Prep Time: 15 min Cooking Time: 25 min Total Time: 40 min

Instructions

Preheat oven to 475°F. In a large bowl add Brussels sprouts, red onion, ginger, olive oil, salt and pepper and toss well. Line a baking sheet with tin foil for easy clean up and spray with nonstick cooking spray. Add Brussels sprout mixture evenly to baking sheet and place in the oven and roast for 25 to 35 minutes until Brussels sprouts are slightly browned and tender.

After Brussels sprouts have roasted, place them in a large bowl and add kimchi base, kimchi, vinegar, fish sauce, Thai basil and toss to combine. Enjoy this side dish with your favorite entrée.

Recipe brought to you by:

Chef Ryan Covert