

Sweet & Spicy, Crispy Roasted Brussels Sprouts

by Chef Jenn Monaco of Brock & Company

I first had these heavenly delights at a Tapa's Restaurant in Princeton. When the dish came to the table, I wrinkled my nose as they looked dark, dry, and overly charred. One bite, and in the blink of an eye, my plate was empty. Inquiring afterward what was on them—I was shocked! Fish Sauce? Really? Yes! Usually an ingredient I don't use often, it's now in my house as a staple in many dishes. For those who have a seafood allergy, substitute with soy sauce. You can also use agave nectar (half the amount) in place of the brown sugar.

INGREDIENTS

- 1 1/2 lbs. brussels sprouts, cut in half
- 1/4 cup fish sauce
- 1/4 cup brown sugar
- 1 tsp sriracha
- 1 tsp red pepper flakes
- 1 tsp sesame oil
- 1 tsp rice vinegar

RECIPE PREPARATION

- Preheat oven to 400°F.
- In a small bowl, combine fish sauce, brown sugar, sriracha, red pepper flakes, sesame oil, and vinegar.
- In a large bowl, toss brussels sprouts with half of the dressing.
- Spread in a single layer on a baking sheet and place on center rack. Allow to roast for 15 minutes, then set to broil for one more minute for a little extra crisp.
- While still warm, toss brussels sprouts with remaining dressing and optional fresh herbs such as mint or cilantro. Enjoy!



BROCK