



Spider Demo Kitchen

Crispy Brussels Sprouts

yield: 3-4 svgs

Ingredients:

| | |
|---------|------------------------------|
| 1 lb | Brussels sprouts |
| 3 TBSP | Olive oil, divided |
| 1/4 tsp | Kosher salt |
| 2 each | Garlic cloves, thinly sliced |
| 1/4 cup | Balsamic vinegar |
| 1 tsp | Fresh lime juice |
| 1/2 tsp | Soy sauce |



*You can do this in the oven too! Cook at 425F and go a little bit longer, for about 20 minutes.

Instructions:

1. Wash, trim, and halve brussels sprouts (cut any large ones in quarters). Pat dry with a paper towel.
2. Add to a large bowl, toss with 1 TBSP of the olive oil and the salt.
3. Turn your air fryer to 400°F, add a brussels sprouts in a single layer to the basket, fry for 15 minutes shaking halfway through. Repeat in batches.
4. Add garlic slices on top of the brussels and return to the air fryer until garlic is golden brown, about 2 minutes.
5. In a small saucepan, bring balsamic vinegar to a simmer. Simmer gently until thickened, remove from heat and whisk in 2 TBSP olive oil, lime juice, and soy sauce.
6. Place brussels sprouts on a serving plate and drizzle with balsamic, garnish with a squeeze of lime.

UR Dining



Spider Demo Kitchen

Crispy Brussels Sprouts

yield: 3-4 svgs

Ingredients:

| | |
|---------|------------------------------|
| 1 lb | Brussels sprouts |
| 3 TBSP | Olive oil, divided |
| 1/4 tsp | Kosher salt |
| 2 each | Garlic cloves, thinly sliced |
| 1/4 cup | Balsamic vinegar |
| 1 tsp | Fresh lime juice |
| 1/2 tsp | Soy sauce |



*You can do this in the oven too! Cook at 425F and go a little bit longer, for about 20 minutes.

Instructions:

1. Wash, trim, and halve brussels sprouts (cut any large ones in quarters). Pat dry with a paper towel.
2. Add to a large bowl, toss with 1 TBSP of the olive oil and the salt.
3. Turn your air fryer to 400°F, add a brussels sprouts in a single layer to the basket, fry for 15 minutes shaking halfway through. Repeat in batches.
4. Add garlic slices on top of the brussels and return to the air fryer until garlic is golden brown, about 2 minutes.
5. In a small saucepan, bring balsamic vinegar to a simmer. Simmer gently until thickened, remove from heat and whisk in 2 TBSP olive oil, lime juice, and soy sauce.
6. Place brussels sprouts on a serving plate and drizzle with balsamic, garnish with a squeeze of lime.

UR Dining