Brussels Sprouts with Spicy Tahini Drizzle



Sirve:

6 servings

Pieza:

12" Electric Oil Core Skillet
Valora: ☆☆☆☆☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
Agregar un Comentario

Descripción de la Receta:

Roasting vegetables stove top in the oil core skillet is so easy. Brussels sprouts get a flavor boost with Moroccan Harissa, a spicy red pepper condiment and tahini dressing. Sprinkle with fresh pomegranate seeds for a bright pop of color and flavor.

Main Ingredients:
1 small
red onion, medium dice
2 lbs
brussels sprouts, trimmed washed, cut large sprouts in ½
lengthwise
(3/4
kg)
1 tbsp
olive oil
(14
g)
1 tbsp
lemon juice, fresh
(15
g)
1 tsp
cumin, ground
(2
g)

Tahini Sauce

¼
cup tahini, ground (40 g) ¼
cup warm (60 ml) 2
water tbsp lemon juice, (3 g) 1
fresh
tbsp harissa (16 g) pinch natural salt

Optional:

½ cup pomegranate seeds (87 g)
¼ cup fresh parsley, (15 g)

Preparación :

1. Preheat skillet to 375°F

chopped

1. Preheat skillet to 375°F / 190°C degrees.
2. Sauté onion and brussels sprouts for 4-6 minutes.
3. In a small bowl combine olive oil, lemon juice, salt and cumin.
4. Pour lemon juice mixture over Brussels sprouts, stir and cover with lid.
5. When Vapo-Valve™ begins to click steadily turn heat down to 180°F / 80°C and cook for 12-15 minutes until Brussels sprouts are tender crisp.
6. While Brussels sprouts are cooking combine tahini sauce ingredients in a small bowl and whisk thoroughly to combine.
7. To serve drizzle a small amount of tahini sauce over the top and garnish with pomegranate seeds and chopped parsley.

Consejos:

- Omit pomegranate seeds.
- Sprinkle Brussels sprouts with toasted sesame seeds for an added crunch.

Información nutricional por ración

Calorías: 119
Grasa Total: 7g
Grasa Saturada: 1g
Colesterol: 0mg
Sodio: 47mg
Carbohidratos: 11g
Fibra Dietética: 4g
Azúcar: 2g
Proteína: 5g