Cast-Iron Blistered Brussels Sprouts

Yield: Makes 4 servings

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Ingredients

1 pound fresh Brussels sprouts

3 tablespoons canola oil

3/4 teaspoon kosher salt

1 tablespoon honey

1 tablespoon hot water

1 tablespoon minced garlic (about 2 cloves)

1 tablespoon soy sauce

1/4 teaspoon dried crushed red pepper

1/2 cup torn fresh mint leaves

Preparation

Heat a 12-inch cast-iron skillet over medium-high heat 5 minutes. Trim Brussels sprouts, and cut in half lengthwise. Add canola oil to skillet, and tilt skillet to evenly coat bottom. Place Brussels sprouts, cut side down, in a single layer in skillet. Cook, without stirring, 4 minutes or until browned. Sprinkle with kosher salt; stir and cook 2 more minutes. Stir together honey and hot water. Stir minced garlic, soy sauce, dried crushed red pepper, and honey mixture into Brussels sprouts. Stir in mint leaves, and serve immediately.