



Indian Brussels Sprouts

Recipe courtesy Bal Arneson



Total Time: 15 min

Prep: 5 min | Inactive Prep: — | Cook: 10 min

Level: Easy

Yield: 4 servings

INGREDIENTS

2 tablespoons grapeseed oil

1 tablespoon minced garlic

1 tablespoon minced ginger

1 tablespoon coriander seeds, crushed with hands

1 tablespoon dried fenugreek leaves

1 teaspoon smoked paprika

A pinch of salt

A pinch of pepper

1 pound Brussels sprouts, trimmed and cut in half

DIRECTIONS

Place a skillet over medium heat and add the oil. When it is hot, add the garlic and ginger and cook for 2 minutes. Add the coriander, fenugreek, paprika, salt and pepper and cook for 30 seconds. Add the Brussels sprouts and 1/2 cup water and cover with a tight-fitting lid. Let steam until the sprouts are bright green and tender-crisp, 6 to 8 minutes.

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