



Celebrating Food, Art & Culture



KUNG PAO BRUSSELS SPROUTS

Servings: 4

Ingredients

For the Brussels sprouts

- 2 pounds Brussels sprouts, cut in half length-wise
- 2 tablespoons canola oil

For the kung pao sauce

- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons sweet chili sauce
- 1 tablespoon rice vinegar
- 1 tablespoon hoisin sauce
- 2 teaspoons toasted sesame oil
- 1 teaspoon sambal chili paste
- 2 teaspoons garlic, minced

For the garnish

- 1/3 cup roasted peanuts, optional
- 1/3 cup scallions, chopped
- 2 tablespoons cilantro leaves, chopped

Directions

For the Brussels sprouts

Preheat the oven to 400 F.

Place the Brussels sprouts in a mixing bowl; add the canola oil and toss until the sprouts are coated evenly. Lay out the sprouts on a baking tray and place in the oven at 400 F. Cook for 15 minutes, rotate the baking tray and let cook 10 to 15 minutes. The Brussels sprouts should be golden brown on the outside and tender on the inside. Remove from the oven; keep hot until ready to serve.

For the kung pao sauce

In a small saucepan, combine the soy sauce, sweet chili sauce, rice wine vinegar, hoisin sauce, sesame oil, sambal chili paste and garlic. Place over medium heat and bring to a simmer. Let cook for 5 minutes and then remove from the heat.

Add the Brussels sprouts and kung pao sauce to a bowl; toss to coat the sprouts evenly. Garnish with the peanuts, scallions and cilantro. Serve immediately.

Side dishes

Steamed Jasmine Rice
Sliced Cucumbers