

Pan Seared Brussel Sprouts

Ingredients

- 1 pound fresh Brussel Sprouts cut into halves
- 2 teaspoons lemon juice
- 3 tablespoons extra virgin olive oil (or just kinda virgin olive oil it's pretty rude to ask)
- ½ tablespoon ground sea salt (table salt is fine but not as fancy)
- ½ tablespoon ground black pepper
- 1 clove garlic crushed
- ¼ teaspoon red pepper flakes (just a pinch)

Preparation

- **Step 1:** In a large bowl or zip lock baggy mix the okra, lemon juice, 2 tablespoons olive oil, salt, pepper, garlic and red pepper until the okra is well covered.
- **Step 2:** Fire up your frying pan and let it get hot over med-high head .
- **Step 3:** Once the pan is good and hot take approx. 1 tablespoon olive oil and let it move all over.
- **Step 4:** Then dump in the Brussel sprouts being careful to spread them out evenly. Let them cook without stirring too much for 2-3 minutes then flip and stir.
- **Step 5:** Because Brussel sprouts have varying densities and sizes you will want to try and remove them from heat 1 at a time as they become fork tender.
- **Step 6:** When you remove them from heat place them in a bowl lined with a paper towel. They shouldn't be too oily/wet but the paper towel will absorb any excess oil and moisture. Once they've dried for a bit serve them up and watch people change their minds about Brussel sprouts.