

# SPICY ROASTED BRUSSELS SPROUTS & SAUSAGE

A recipe by **FoodNouveau**

## INGREDIENTS

Serves 2

3 tbsp [45 ml] canola oil, or other neutral tasting oil  
¾ lbs [340 g] brussels sprouts, cleaned and halved  
¼ tsp [1.25 ml] Kosher salt  
2 raw sausage links, casings removed  
(substitute ground pork, or cubes of firm tofu)

### *For the sauce*

2 tbsp [15 ml] Japanese soy sauce (I use Kikkoman Lite soy sauce, which has 35% less sodium—if using a regular soy sauce, omit the salt, above)  
2 tbsp [30 ml] Chinese sesame paste, or tahini  
1 tbsp [15 ml] bibimbap hot sauce, or gochujang  
1 tsp [5 ml] honey

### *To serve (optional)*

cooked sticky rice  
radishes, cut in matchsticks  
green onions, sliced  
toasted sesame seeds

## METHOD

Preheat the oven to 400°F [200°C].

In a large non-stick, ovenproof skillet, pour 2 tbsp [30 ml] oil, using a spatula to coat the entire bottom of the skillet. Set over medium heat. When the oil is shimmering, add all the Brussels sprouts halves, cut side down, setting them very close to one another so they all fit into the skillet (if your skillet isn't large enough, you'll have to cook the sprouts in two batches). Sprinkle with the salt and cook, without stirring or turning the sprouts, for 5 to 7 minutes, or until the bottoms are nicely browned.

Stir the sprouts (it's ok if some are cut down down, others cut side up), and combine all seared sprouts into one skillet if you cooked them in batches. Set the skillet on the middle rack in the oven and roast for 15 minutes, until cooked through.

While the sprouts are roasting, whisk all the sauce ingredients together in a small bowl (you might have to warm the sauce a bit so the tahini and honey blend in). Set aside. Place another skillet over medium-high heat, add the remaining 1 tbsp [15 ml] oil, and sauté the sausage meat, breaking it up with a wooden spoon, until browned and cooked through. Remove from the heat and keep warm.

When the sprouts are done, transfer them to the skillet containing the sautéed sausage. Pour the spicy sauce all over, stir to coat the sprouts all over.

Serve over sticky rice, topped with radish, green onions, and toasted sesame seeds.



Recipe Credit: Adapted from a recipe by Molly Yeh

Photo Credit: Marie Asselin

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