

Baked brussels sprouts *(Side dishes)*



Preparation

Peel the sprouts by removing the outer yellowing leaves and any excess stems. Cut them in half and rinse, then boil them in salted water for 10 minutes. Drain and place in a greased roasting pan or baking dish. Season with a little salt and a few knobs of butter, then sprinkle with some breadcrumbs and parmesan. Bake at 180°C for 20 minutes; serve hot.

Tips

Brussels sprouts are especially good when picked at the right moment, when compact and mature without withered leaves; to cook them successfully it is preferable that they are more or less the same size.

Trivia

Despite their name indicating the main area of origin, Brussels sprouts are also grown in the Netherlands and France.

Information

Preparation 40 minutes

Total Time 30 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



ACQUISTA SUL NOSTRO SHOP

Autentici prodotti di Puglia solo su

shop.laterradipuglia.it

We ship all over the Europe get an extra **10€ discount** on shipping costs

DISCOUNT10

[click here to access](#)

Ingredients

Brussels sprouts 500 grams

Butter

Parmesan

Breadcrumbs

Salt

Oil