

plantifully based

BRUSSEL SPROUTS & BROCCOLI

INGREDIENTS

- 30 BRUSSEL SPROUTS, TRIMMED AND HALVED
- 3 BROCCOLI CROWNS, CUT INTO FLORETS
- 5 CLOVES OF GARLIC
- 2 TABLESPOONS OLIVE OIL
- 1 TEASPOON SALT
- 1/4 TEASPOON BLACK PEPPER
- 1 TEASPOON GARLIC POWDER
- 1 LEMON, JUICED
- 1/2 CUP POMEGRANATE SEEDS (ABOUT 100G OR 1/2 POMEGRANATE)
- 1 TABLESPOON BALSAMIC GLAZE



METHOD

1. PREHEAT OVEN TO 425°F (204°C).
2. PEEL THE GARLIC AND LIGHTLY SMASH IT WITH THE FLAT SIDE OF A KNIFE, CUT THE CLOVES IN HALF AND PLACE IN A LARGE BOWL WITH THE PREPARED BRUSSELS AND BROCCOLI FLORETS.
3. IN A SMALL BOWL COMBINE OLIVE OIL, SALT, BLACK PEPPER, GARLIC POWDER, AND THE JUICE OF 1 LEMON. MIX TOGETHER WITH A FORK UNTIL WELL COMBINED.
4. ADD HALF OF THE DRESSING OVER THE VEGGIES AND TOSS TO COAT. THEN ADD THE REMAINING HALF AND TOSS TO COAT.
5. PLACE ON A LARGE BAKING SHEET AND SPREAD OUT THE VEGETABLES SO THEY HAVE ROOM TO ROAST.
6. PLACE IN THE OVEN FOR 25 MINUTES.
7. ONCE THEY ARE DONE FLIP THE VEGETABLES AROUND AND BROIL ON HIGH FOR 3 MINUTES. THIS IS OPTIONAL, IT WILL MAKE THE VEGETABLES CRISPIER AND DARKEN THEM.
8. IN YOUR SERVING DISH DRIZZLE BALSAMIC ON THE DISH AND THEN TOP WITH THE VEGETABLES, ADD THE POMEGRANATE SEEDS ON TOP AND ENJOY.