

Honey-Glazed Brussels Sprouts with Crispy Bacon - The Ultimate Side Dish

Honey-Glazed Roasted Brussels Sprouts with Bacon



OVEN
425°F

TIME
25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

Brussels Sprouts:

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- 1 tablespoon honey
- $\frac{1}{8}$ teaspoon salt
- ... teaspoon black pepper

Bacon:

- 6 slices thick-cut bacon, cut into 1-inch pieces

Maple-Dijon Glaze:

- ... cup maple syrup
- 1 tablespoon Dijon mustard
- 1 tablespoon balsamic vinegar
- ... teaspoon red pepper flakes (optional for heat)

DIRECTIONS

- 1.** Step 1: Preheat the Oven: Preheat to 425°F (220°C). This high temp is key for crispiness.
- 2.** Step 2: Season the Brussels Sprouts: Toss the halved Brussels sprouts in a large bowl with olive oil, honey, salt, and pepper. Spread in a single layer on a baking sheet.
- 3.** Step 3: Prepare the Bacon: Place bacon pieces on a separate baking sheet. This keeps them crispy and avoids sogginess.
- 4.** Step 4: Roast: Roast both sheets in the oven for 20-25 minutes, until the Brussels sprouts are golden and the bacon is crispy.
- 5.** Step 5: Make the Glaze: While everything roasts, whisk together maple syrup, Dijon mustard, balsamic vinegar, and red pepper flakes (if using).
- 6.** Step 6: Combine: Toss the roasted Brussels sprouts and bacon together in a bowl. Drizzle with the glaze and gently stir to coat.
- 7.** Step 7: Serve: Serve hot! Sprinkle with extra red pepper or fresh herbs like parsley if desired.

TIPS FOR SUCCESS

Even size = even cooking : Cut sprouts so they're uniform.

Use parchment paper for easier cleanup and crispier bottoms.

Make it spicy : Add more red pepper flakes or a dash of hot sauce to the glaze.

Make it vegetarian : Skip the bacon or sub with plant-based bacon bits or roasted mushrooms.

