

Balsamic Roasted Brussels Sprouts with Parmesan - Crispy, Savory, and Addictive

Balsamic Roasted Brussels Sprouts with Parmesan



OVEN
450°F

TIME
25 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 2 pounds Brussels sprouts, trimmed
- ... cup olive oil
- 1%₀₀ tablespoons balsamic vinegar
- 2 garlic cloves, minced
- 1%₀₀ teaspoons kosher salt
- %₀₀ teaspoon ground black pepper
- 1 large leek, white and pale green parts only, thinly sliced
- 1 cup Parmesan cheese, grated

Instructions:

1. Preheat and Steam:

Preheat oven to 450°F (230°C).

Trim the Brussels sprouts and remove any yellow leaves.

Steam sprouts for 20-25 minutes until fork-tender, then drain.

2. Mix the Dressing:

In a large bowl, whisk together olive oil, balsamic vinegar, garlic, salt, and pepper.

3. Toss and Smash:

Add the steamed sprouts and sliced leeks to the bowl. Toss to coat well.

Transfer to a rimmed baking sheet, giving them space.

Gently press each sprout with a jar or cup to flatten slightly.

4. Top and Roast:

Sprinkle evenly with Parmesan cheese.

Roast for 15 minutes, or until golden and crispy on the edges.

5. Serve:

Serve warm as a side dish or savory small plate.

Enjoy!

Tips for Success:

Smashing sprouts helps increase surface area for ultimate crispiness.

Use freshly grated Parmesan for best melt and browning.

Watch the oven during final minutes to avoid burning.

Make it spicy with a pinch of red pepper flakes in the dressing.

Serving Suggestions and Pairings:

Cheesy Chicken Sliders for a flavor-packed meal

Sheet Pan Quesadillas for a fun and easy dinner

Beer Cheese Dip as a creamy, spicy appetizer

Dorito Casserole to balance creamy-cheesy with crisp-tangy

Storage and Reheating:

DIRECTIONS

1. Preheat and Steam: Preheat oven to 450°F (230°C).
2. Trim the : Brussels sprouts and remove any yellow leaves.
3. Steam sprouts for 20-25 minutes until fork-tender, then drain.
4. Mix the Dressing: In a large bowl, whisk together olive oil, balsamic vinegar, garlic, salt, and pepper.
5. Toss and Smash: Add the steamed sprouts and sliced leeks to the bowl. Toss to coat well.
6. Transfer to a rimmed baking sheet, giving them space.
7. Gently press each sprout with a jar or cup to flatten slightly.
8. Top and Roast: Sprinkle evenly with Parmesan cheese.
9. Roast for 15 minutes, or until golden and crispy on the edges.
10. Serve: Serve warm as a side dish or savory small plate. Enjoy!
11. Tips for Success: Smashing sprouts helps increase surface area for ultimate crispiness.
12. Use freshly grated : Parmesan for best melt and browning.
13. Watch the oven during final minutes to avoid burning.
14. Make it spicy with a pinch of red pepper flakes in the dressing.
15. Serving Suggestions and Pairings: Pair these Brussels sprouts with:
16. Cheesy : Chicken Sliders for a flavor-packed meal
17. Sheet : Pan Quesadillas for a fun and easy dinner
18. Beer : Cheese Dip as a creamy, spicy appetizer

19. Dorito : Casserole to balance creamy-cheesy with crisp-tangy
20. Storage and Reheating: Fridge: Store leftovers in an airtight container for up to 3 days.
21. Reheat: Roast at 375°F for 5-8 minutes to restore crispness. Avoid microwaving to keep the texture.
22. Make ahead: Steam and prep the sprouts, then roast just before serving.
23. More Recipes You'll Love: Looking for more side dish stars? Try:
24. Chicken : Enchiladas - creamy and spicy
25. Beer : Cheese Dip - perfect party bite

TIPS FOR SUCCESS

Smashing sprouts helps increase surface area for ultimate crispiness.

Use freshly grated Parmesan for best melt and browning.

Watch the oven during final minutes to avoid burning.

Make it spicy with a pinch of red pepper flakes in the dressing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/balsamic-roasted-brussels-sprouts-with-parmesan-crispy-savory-and-addictive/>