

Air Fried Brussel Sprouts

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This oh-so-simple Air Fried Brussel Sprouts recipe produces sweet, nutty, tender and crispy bits of vegetable goodness. Made with few ingredients and ready in 15 minutes, it is the perfect side dish.

For this recipe I bought cut in half Brussel sprouts for quicker cooking and the extra bonus is you end up with more of those delicious crispy edges. If you can't find cut in half Brussel sprouts cut them in half yourself, you'll be happy you did, not only will they cook quicker, but there's more places for the delicious mustard sauce to creep into.

I've said it before and I'll keep saying it my Toaster oven/ Air fryer is the most used small appliance in my kitchen and for good reason. It's quick, easy, economical and a healthier option than deep frying.

What Are Air Fried Brussel Sprouts

These tasty Air fried Brussel sprouts are so much fun, they look like baby cabbage heads. In fact they are in the family as other crucifers along with broccoli and cauliflower.

While brussel sprouts can be fairly bitter to the taste bud, especially when eaten raw, they can have nutty and sweet taste when air fried or roasted!!

They are available year round, but usually are at their peak flavor in the fall and winter, making them the perfect Holiday side dish.

If you make this Air fried Brussel Sprouts recipe please leave me a comment. And please don't forget to tag me on Instagram with your creations. I love hearing from you, it's my favorite part!!! And if you like air fryer recipes try my air fryer parmesan chicken spiedini

Ingredients

- 1 Lb. Brussel sprouts cut in half
- 2 slices bacon
- 1/2 chopped red onion
- 1/2 chopped yellow onion
- 1 cup chicken stock
- 2 Tablespoons Dijon mustard
- 1 Tablespoon butter
- 1 Tablespoon each Italian parsley, thyme and rosemary
- Salt and Pepper to taste

Instructions

1. Spray Brussel sprouts with oil lightly salt and pepper to taste
2. Set air fryer temperature to 375
3. Air fry the Brussel sprouts for 7 to 10 minutes or until crispy
4. Mean while in a medium saute pan with the tablespoon of butter fry the bacon until crispy remove, drain on paper towels
5. Add the onion and garlic saute until tender and just beginning to brown
6. Add the chicken stock, mustard and herbs simmer 10 minutes or until sauce thickens
7. Cut bacon into small pieces return to saute pan
8. Add the air fried Brussel sprouts mix to coat with the mustard sauce
9. Sprinkle with additional chopped Italian Parsley