

## Seared Brussels Sprouts with Peppadews

If you've been to any trendy restaurant recently, you've probably noticed that Brussels sprouts are a hot thing these days. Almost everyone has them on their menu, and not just as a side dish; I've seen them in salads, pizzas, and casseroles.

Fortunately, they're pretty easy to pair at home, but finding just the right pairing can be difficult sometimes. There's bacon, of course, and that's delicious, but overdone in my opinion. Which is okay, because I found my new favorite pairing: Peppadews.

Peppadews, if you've never had them, are South African peppers that are about the same size as a large cherry tomato. They're pickled, but crisp, and have a sweet, sometimes spicy flavor that is hard to find elsewhere. You'll sometimes see them on an antipasto platter, or in an Italian or Greek salad. I get them from the olive bar at my local grocery store, but you can usually find them in a jar where you would find roasted peppers or jarred olives.

I paired them with my Brussels sprouts because I had some leftover I wanted to use up, and I'm so glad I did. The sweetness of the peppers added a nice contrast to the strong flavor of the sprouts, and the charring that came from searing made them even better. To make this dish the best it can be, you want to make sure your pan is screaming hot so that you get a nice browned side to your sprouts. Then add your peppers at the end. These would be great with a hearty steak or roast, but even alongside something milder like chicken or fish, they are fantastic. If you can't find Peppadews, you can use sliced roasted peppers, hot cherry peppers, or pimentos for a similar sweet/salty combo.

## Seared Brussels Sprouts with Peppadews

Serves 4

Prep time: 20 minutes

### Ingredients:

3 tablespoons Ava Jane's Kitchen Avocado Oil

1 pound fresh Brussels sprouts, cored and halved

1/2 cup Peppadew peppers, sliced

Juice of 1 lemon

Colima Sea Salt and fresh ground pepper, to taste

### Directions:

Heat a large, heavy skillet (cast iron works great here!) over medium high heat. Add the oil and when it shimmers, add your sprouts, cut side down in a single layer. Cook for a few minutes, until sprouts are well browned, and flip. Continue cooking until tender and add the peppers. Continue cooking until peppers are heated through and turn off heat. Add the lemon juice, and season with salt and pepper. Serve immediately.

