

Crispy Gnocchi and Brussel Sprouts

Courtesy of Lauren and Chris Regal, adapted from NYT Cooking recipe
AhealthyU Cooking Demonstration, July 15, 2020

Serves 2-3

Ingredients

- 1 lb brussels sprouts, trimmed and halved
- 1 (18 oz) package of shelf-stable gnocchi
- 4 tbs extra virgin olive oil
- 4 tbs unsalted butter, sliced into 4 pieces
- 1 lemon
- 1 tsp honey
- Salt and pepper
- ½ tsp red pepper flakes
- Grated parmesan, for serving

Tools

- Large skillet (around 12-inches) with lid
- Citrus zester
- Medium bowl

Directions

Trim and half the Brussels sprouts. Zest one lemon (about 2 teaspoons).

In a large skillet, heat 3 tbs olive oil over medium-high heat. Add the Brussels sprouts, season with a dash of salt and pepper, then arrange the Brussels sprouts in an even layer, cut side down. Scatter the lemon zest on top and cook until Brussels sprouts are well-browned underneath (3-5 minutes). Add the red pepper flakes. Stir and cook until the Brussels sprouts are crisp-tender (2-3 minutes). Remove Brussels sprouts from the skillet and transfer to a medium bowl.

In the same skillet, heat the remaining 1 tbs of olive oil. Add gnocchi and cook covered and undisturbed until golden brown on one side (2-4 minutes). Add the butter and honey, season with salt and pepper, and cook until the butter smells nutty and is foaming (1-2 minutes). Add the Brussels sprouts and stir until warmed through. Squeeze a little bit of lemon juice on top to taste (optional).

Serve with grated parmesan on top.

Enjoy!