



BRUSSEL SPROUTS WITH AVOCADO AND MISO

Makes 4 servings.

I like to serve this dish as a first course. It has an interesting, well-seasoned flavor. It can be made earlier in the day.

INGREDIENTS

- 20 Brussel sprouts
- 2 tablespoons extra virgin-olive oil
- Kosher salt
- Freshly ground black pepper

DRESSING INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- Zest from 1 lime
- 1½ tablespoon lime juice
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- 2 teaspoons white miso paste
- Kosher salt
- Freshly ground black pepper
- 1 ripe avocado, peeled, diced

GARNISH

- ¼ cup loosely packed mint leaves, torn into small pieces
- 2 tablespoons sunflower seeds, toasted

PREPARATION

1. Preheat the oven to 400F.
2. Line a 12x18 baking sheet with foil.
3. Trim the sprouts, remove outer leaves and quarter. Place on the foil, sprinkle with olive oil, season lightly with salt and pepper and toss to coat. Roast for 20–25 minutes, or until a little browned and tender.
4. Transfer to a serving dish and cool.
5. In a medium bowl whisk together the dressing ingredients.
6. Pour ½ of the dressing over the sprouts and coat well.
7. Scatter the avocado over the sprouts. Drizzle with the remaining dressing. Season to taste with salt and pepper and garnish with mint and sunflower seeds.