

Oven baked Brussels sprouts

1 Preheat the oven to 200°C (~390°F). Wash the Brussels sprouts, trim the stems and remove dowdy leaves. Cut in halves, then quarters, each time stem to top, so the quarters don't fall apart.

2 In a bowl carefully mix together the Brussels sprouts with the olive oil, sugar, salt and pepper, the Dijon mustard and the finely chopped red chili until everything is well distributed and evenly coated. You could also add the pine nuts now, but in my second batch I browned them in a later step together with the bread crumbs, which I think is even tastier.

3 Transfer the Brussels sprouts into a baking dish and distribute the Pancetta - cut in small stripes - over it. Bake in the oven for 20 to 25 minutes, turning them once or twice. (Take samples: when the edges start to turn brown to early and the Brussels sprouts are not done yet, you may cover the baking dish with aluminum foil) Meanwhile prepare the breadcrumbs. Heat the butter in a larger pan, add the slightly crushed pine nuts and the coarse breadcrumbs as soon as it starts to sizzle. Allow to gain a golden brown color, then remove from the stove and put aside for serving.

4 When done, remove the Brussels sprouts from the oven and sprinkle generously with the breadcrumbs/ pine nuts mix and some Parmesan. Best eaten straight from the oven!



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own creation, inspired by [Petra's recipe](#)

Prep time: 20min., baking: 20-25min.

Ingredients (serves 2-3 as a light lunch):

- * 500g Brussels sprouts
- * 2 tbsp olive oil
- * 2 tsp Dijon mustard
- * 1 tsp sugar
- * sea salt & freshly ground black pepper to taste
- * 1 smaller red chili, finely chopped
- * ~5 thin slices of Pancetta
- * 2 tbsp butter
- * 25g pine nuts
- * 50g coarse breadcrumbs (e.g. from stale baguette)
- * serve with some grated Parmesan or Pecorino