

GOURMET FISHING

Season I - Episode SS2



SUPER-SHORTS



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Oven Roasted Brussel Spouts Sprouts



Host, Chef & Guide, David Murray



Oven Roasted Brussel Sprout

tossed in a Balsamic-Agave Nectar Glaze



2 LBS Brussel Sprouts,
Cut the ends off, remove the first 2 leaves and slice them
in half

Olive Oil

Salt & Pepper to taste

3 Tablespoons Balsamic Vinegar

6 Tablespoons Agave Nectar

Pre-heat your oven at 425F.

Add the trimmed and slice Brussel Sprouts to a tossing bowl, or regular bowl, and add a few table-
spoons of Olive Oil. Then Salt and Pepper to taste. Toss the sprouts to evenly coat. Add the sprouts to a
microwavable bag, seal the bag, and place them in the microwave. Cook on high power for 5 minutes.

Be careful opening the bag because it is full of steam. That's hot. Add the sprouts back into the bowl and
toss them again. Take a baking sheet pan and line it with foil. Then spread the Brussel Sprout evenly
over the pan. Place the pan in the oven and roast them for 15 to 20 minutes.

While the sprouts are baking, take a small bowl and combine the Balsamic Vinegar and Agave Nectar
and then whisk to combine completely.

When the sprouts are done baking, remove them from the oven and coat them with the vinegar-nectar
glaze.

Serve with your meal or just eat them as is...

