

## **Brussel Sprouts with Mustard Seeds**

revised from kitchen workshop in paoli, pa

Serves 8

4 tspn mustard seeds

2 ½ lbs small brussel sprouts, trimmed, cut in half

¼ cup (½ stick) butter or unrefined coconut oil

6 large shallots, finely chopped

1 tablespoon fresh lemon juice (juice of half lemon)

2 tspns Dijon mustard

Heat oil in pan on medium heat and add mustard seeds. Finely chop shallots and add them to the heated oil, stirring to keep the mustard seeds from popping out of pan.

Sauté the shallots until lightly browned, about 3-4 minutes.

In the meantime, rinse the brussel sprouts and cut in half.

Add brussel sprouts and sauté until browned (about 10 minutes), stirring every 2-3 minutes. We want to caramelize the brussel sprouts in this step, so avoid excessive stirring.

Add lemon juice and a tablespoon of water, and cover pan with lid, let simmer for another 5 minutes so sprouts get softer.

Add mustard and stir/toss to blend. Season w/ salt & pepper and serve.