

Prep Time: 10 minutes

Cook Time: 25–30 minutes

Total Time: 35–40 minutes

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Introduction

Oven-roasted Brussels sprouts are one of those rare dishes that manage to be both comforting and wholesome at the same time. When roasted at a high temperature, the outer leaves turn crisp and deeply caramelized while the centers become tender and sweet, transforming a vegetable that many people grew up avoiding into the star of the table. This recipe keeps things simple: olive oil, garlic, a pinch of salt and pepper, and a generous

shower of Parmesan cheese. The result is a side dish that pairs beautifully with roasted chicken, steak, fish, or even a hearty grain bowl. Whether you are cooking for a weeknight dinner or a holiday gathering, these sprouts are reliable, fast, and packed with flavor.

Ingredients

- 1 ½ pounds (about 680 g) fresh Brussels sprouts
- 3 tablespoons extra-virgin olive oil
- 3 cloves garlic, minced
- ½ teaspoon fine sea salt (plus more to taste)
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon red pepper flakes (optional, for a little heat)
- ⅓ cup (about 30 g) freshly grated Parmesan cheese
- 1 tablespoon fresh lemon juice (optional, for brightness)
- 1 tablespoon chopped fresh parsley (optional, for garnish)

Equipment

- Large rimmed baking sheet
- Sharp knife and cutting board
- Large mixing bowl
- Measuring spoons and cups
- Microplane or fine grater (for the Parmesan)
- Spatula or tongs

Instructions

Step 1: Preheat the Oven (Time: 5 minutes | Intensity: Low)

Position a rack in the upper-middle of the oven and preheat to 425°F (220°C). A hot oven is essential for getting those crispy, caramelized edges. If your oven runs cool, you may want to go to 450°F (230°C); if it runs hot, stick with 400°F (200°C). Line a large rimmed baking sheet with parchment paper or aluminum foil for easy cleanup, though bare metal will give you the best browning.

Step 2: Prepare the Brussels Sprouts (Time: 8-10 minutes | Intensity: Medium)

Rinse the Brussels sprouts under cold water and pat them completely dry with a clean kitchen towel or paper towels. Dry sprouts are crucial—any moisture will steam rather than roast them. Trim the tough stem end from each sprout with a sharp knife, then cut each one in half lengthwise. If any sprouts are unusually large, quarter them so all pieces are roughly the same size and cook evenly. Remove any loose or yellowed outer leaves, but don't discard the tight, healthy ones—they crisp up beautifully.

Step 3: Season the Sprouts (Time: 2 minutes | Intensity: Low)

Transfer the halved sprouts to a large mixing bowl. Drizzle with the olive oil and add the minced garlic, sea salt, black pepper, and red pepper flakes if using. Toss well with your hands or a spatula until every sprout is evenly coated. Make sure the cut sides are exposed—those flat surfaces are where the best browning happens.

Step 4: Arrange on the Baking Sheet (Time: 2 minutes | Intensity: Low)

Spread the sprouts in a single, even layer on the prepared baking sheet, cut side down. Do not overcrowd the pan—if the sprouts are piled on top of each other, they will steam instead of roast. If needed, use two baking sheets. Give the pan a gentle shake to settle them into an even layer.

Step 5: Roast (Time: 20-25 minutes | Intensity: Medium-High)

Roast on the upper-middle rack for 20 to 25 minutes, until the sprouts are tender when pierced with a fork and the outer leaves are deeply browned and crispy. For the best results, flip the sprouts halfway through (around the 12-minute mark) using a spatula or tongs so they brown evenly on both sides. Keep an eye on them during the last 5 minutes—the difference between caramelized and burnt is small. If some loose leaves darken faster than the rest, that's normal and desirable; just remove any that look charred beyond saving.

Step 6: Add the Parmesan (Time: 3-5 minutes | Intensity: Low)

In the final 3 to 5 minutes of roasting, pull the pan out and sprinkle the grated Parmesan evenly over the sprouts. Return the pan to the oven and continue roasting until the cheese is melted and lightly golden. Alternatively, for a crispier cheese crust, you can scatter the Parmesan over the sprouts and broil on high for 1 to 2 minutes—but watch it closely, as Parmesan can go from golden to burnt very quickly.

Step 7: Finish and Serve (Time: 1-2 minutes | Intensity: Low)

Remove the pan from the oven and let the sprouts rest for a minute or two. Drizzle with fresh lemon juice if using—the acidity brightens the rich, roasted flavors—and sprinkle with chopped parsley. Taste and adjust salt and pepper as needed. Transfer to a serving platter and serve warm.

Tips for Success

- Dry thoroughly. Moisture is the enemy of crispiness. Pat the sprouts dry after washing and again after cutting if needed.
- Cut side down. Placing the flat, cut sides against the hot pan maximizes browning.
- Don't overcrowd. Give the sprouts room to breathe; use two pans if necessary.
- Fresh Parmesan is best. Pre-grated cheese often contains anti-caking agents that prevent it from melting smoothly.

- Watch the garlic. Minced garlic can burn at high heat. If you're worried, toss it with the sprouts only in the last 10 minutes of roasting.
 - Make it ahead. You can trim and halve the sprouts up to a day in advance; store them in an airtight container in the refrigerator until ready to roast.
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Variations

- Balsamic glaze: Drizzle with balsamic reduction just before serving for a sweet-tart finish.
 - Bacon: Toss with 3 slices of cooked, crumbled bacon before serving.
 - Honey-sriracha: Whisk 1 tablespoon honey with 1 teaspoon sriracha and drizzle over the roasted sprouts.
 - Vegan: Omit the Parmesan or use a dairy-free alternative, and add nutritional yeast for a cheesy flavor.
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Storage and Reheating

Store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, spread

them on a baking sheet and warm in a 400°F (200°C) oven for 5 to 7 minutes to restore some crispness. Avoid the microwave, which will make them soggy.

Nutrition Information (per serving, based on 4 servings)

Nutrient	Amount
Calories	~180 kcal
Total Fat	12 g
Saturated Fat	2.5 g
Cholesterol	7 mg
Sodium	320 mg
Total Carbohydrates	12 g
Dietary Fiber	4 g
Total Sugars	3 g
Protein	6 g
Vitamin C	120% DV
Vitamin K	190% DV
Calcium	10% DV
Iron	8% DV