



# Nutty Brussel Sprouts

NIBBLEDISH CONTRIBUTOR

## Ingredients

Nutty Brussel Sprouts(1 serving)1 cup of halved Brussel Sprouts1/4 cup of water2 tablespoon of butter1 taespoon of crushed red pepper flakes2 teaspoons of Maggi Seasoning2 tablespoons of sunflower seeds

## Instructions

Brown 1 tablespoon of butter with the smashed garlic. Then add your halved brussel sprouts cut side down into the brown butter.

Add you water and red pepper flakes.

Let them simmer until it has reduced by half.

Add the Maggi and sunflower seeds, let most of the rest of the water evaporate.

Add last tablespoon of butter to coat.

Serve!