

Roasted Brussels Sprouts with Pancetta, Balsamic, & Pecorino Romano

Total time range: 25–30 min (Prep: 5–10 min, Cook: 20 min)



Serves 4

Brussels sprouts are taking tables by storm, and our spin will have even the kids coming back for seconds. We roast them until tender, toss them with diced pancetta and toasted hazelnuts, then finish with a sprinkling of Pecorino Romano.

Wash produce before use. Read entire recipe before starting.

Ingredients

- Brussels sprouts
- Diced pancetta
- Toasted hazelnuts *(Contains: tree nuts)*
- Pecorino Romano cheese *(Contains: milk)*
- Balsamic glaze *(Contains: sulfites)*

Tools & Pantry

Baking sheet, aluminum foil, small heat-proof bowl, salt, pepper, cooking oil.

Nutrition: Calories: 340, Total Fat: 25g (32% DV), Saturated Fat: 8g (40% DV), Trans Fat: 0g, Cholesterol: 25mg (8% DV), Sodium: 540mg (23% DV), Total Carbohydrate: 21g (8% DV), Dietary Fiber: 8g (29% DV), Total Sugars: 8g, Added Sugars: 3g (6% DV), Protein: 13g, Vitamin D: 0mcg (0% DV), Calcium: 196mg (15% DV), Iron: 3mg (17% DV), Potassium: 739mg (16% DV).

Contains: Milk, Tree Nuts (hazelnut), Sulfites.

Step 1

- Preheat the oven to **400°F** convection (**425°F** conventional).
- Line a baking sheet with aluminum foil and lightly grease.

Step 2

- Spread the **diced pancetta** onto the prepared baking sheet. Place into the oven for 5-6 min, or until lightly browned and crispy.

Step 3

- While the **pancetta** is in the oven, trim off the bottoms from the **Brussels sprouts**, then cut in half lengthwise.
- Roughly chop the **toasted hazelnuts**.

Step 4

- Carefully remove the **pancetta** from the oven and transfer to a small heat-proof bowl. Leave the oven on.
- Place the **Brussels sprouts** onto the baking sheet and drizzle with 1 tbsp. of cooking oil. Toss with the rendered fat from the **pancetta**, then spread in an even layer and lightly season with salt and pepper. Place into the oven for 8 min.
- Stir the **Brussels sprouts** and sprinkle with half of the **Pecorino Romano cheese**. Continue to cook for 5-7 min, or until the **sprouts** are tender and lightly browned. Carefully remove from the oven.

Serve

Transfer the **Brussels sprouts** to a serving bowl. Add the **pancetta** and **hazelnuts** and drizzle with the **balsamic glaze**. Toss gently to combine, then sprinkle the remaining **Pecorino Romano** over the top.