

Parmesan Brussels Sprouts

Ingredients

- 1/2 cup vegetable oil
- 1 cup Panko
- 1/3 cup freshly grated Parmesan
- 1 tablespoon cajun seasoning
- 1 pound brussels sprouts, trimmed
- 1/2 cup all-purpose flour
- 2 large eggs, beaten



Method

Heat vegetable oil in a large skillet over medium high heat.

In a large bowl, combine Panko, Parmesan and cajun seasoning; set aside.

Working in batches, dredge brussels sprouts in flour, dip into eggs, then dredge in Panko mixture, pressing to coat.

Add brussels sprouts to the skillet, 5 or 6 at a time, and cook until evenly golden and crispy, about 2-3 minutes. Transfer to a paper towel-lined plate.

Serve immediately.