



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

AIR FRYER THAI BRUSSELS SPROUTS



You'll love these tangy Brussels sprouts to eat on repeat!



00 HR 45 MINS



Serves 4



Featuring

[Blue House Farm](#)
[J&M Farms](#)

INGREDIENTS

- 1 pound Brussels sprouts
- 1 garlic clove, chopped
- 1 tablespoon canola oil
- 1 shallot, diced

Sauce

- 6 to 8 Shishito peppers, stems removed
- 1 habanero pepper, stems removed
- 1/4 cup cilantro stems
- 2 garlic cloves
- Juice from 1 lime
- 1 tablespoon sugar
- 1 tablespoon fish sauce
- 2 tablespoon mint
- 2 tablespoon cilantro

METHOD

Cut Brussels sprouts into quarters. Chop shallot and 1 garlic clove. Toss sprouts, shallot, and garlic with canola oil.

Place in air fryer for 7 minutes. Stir and cook for another 7 minutes.

While sprouts are cooking, make the sauce.

Grind the remaining 2 garlic cloves, peppers, and cilantro stems using a mortar and pestle. Add fish sauce, sugar, and lime juice. Combine sauce until desired consistency is reached.

Chop up herbs, leaving a tablespoon for garnish. Mix herbs and some of the sauce with sprouts.

Plate; garnish with remaining herbs. Save some sauce on the side for dipping.