

Shaved Brussels Sprouts with Melgarejo Arbequina, Lemon Agrumato Olive Oil & Parmesan Cheese

Ingredients

1 pound Brussels sprouts, stem end trimmed off
2 large shallots, thinly sliced
1/4 cup shaved Parmesan cheese
1/4 cup Melgarejo Arbequina
1 tablespoon Lemon Agrumato (fused) olive oil
2 tablespoons fresh squeezed lemon juice
sea salt to taste
fresh ground pepper to taste

Instructions

Shave or slice the Brussels sprouts as thinly as possible. This can be done on a mandolin, using the slicing disk of a food processor, or simply by using a very sharp knife coupled with decent knife skill.

In a large sauté pan, heat the arbequina olive over medium-high heat. Begin by sautéing the shallots until they just begin to caramelize on the edges. Add the shaved Brussels sprouts and sauté, stirring frequently until they are just barely softened, and begin to caramelize on the edges a bit.

Add the lemon juice and adjust the seasoning with salt and pepper to taste, and toss well to combine. Serve drizzled with the fused lemon olive oil and shaved Parmesan cheese.

Serves 6 as a side