

Shaved Brussel Sprouts

10 inch saute pan

1-2 Tbs Olive Oil

½ c diced red onion

3 cups shaved Brussel sprouts

½ tsp Chef Troy's Back Rub

1 Tbs Kerrygold Butter

Heat the saute pan over medium-high heat. When the pan is hot, add the oil, then immediately add the onion. Saute until the onion is translucent, about one minute. Add the Brussel sprouts and Chef Troy's Back Rub. Keep the pan over the heat as you continue to saute, allowing the Brussel sprouts to sit intermittently. You want them to get a little color, a little brown on the edges, a little crispy. It makes a huge difference in the end product. Hit the pan with a tablespoon or so of water, it will create a little steam and break the Brussel sprouts down a bit. Remove the pan from the heat, add the butter and toss until the butter is completely incorporated into the mixture. Taste and adjust for seasoning, then serve!