Shells & Brussels Sprouts

Amount 2 servings

Ingredients

- olive oil
- 1/4 red onion (less than 1/2 cup), chopped
- 2 cloves garlic, minced
- 2 cups brussels sprouts, sliced in half or quarters
- 1-2 tbsp balsamic vinegar
- 1 tbsp butter (or just use more olive oil)
- squeezes of lemon juice, plus some zest for the end (optional zest)
- 6-8 oz. mini pasta shells (or normal size)
- 1/2 cup pecorino or parmesan cheese, shredded
- a few pinches of red pepper flakes
- optional meat-eater addition: crispy bacon or pancetta

Steps

1. Saute the onions and garlic in olive oil with a few pinches of salt. Once the onions are soft, turn off the heat and remove from pan. Set aside for later.
2. Toss the halved/quartered brussels sprouts with balsamic vinegar, some olive oil, salt, and pepper.
3. Boil the pasta shells.
4. Heat olive oil in the now-empty pan with the butter. When the pan is very hot, add the brussels spourts with the cut side down. Don’t disturb them for 3-4 minutes to allow the edges to crisp and char (but not burn).
5. Flip them over and add some lemon juice to deglaze the pan. Reduce the heat to low and add a few tablespoons of water. Cover and let steam under tender, for 4-5 more minutes.
6. Toss together the pasta shells, onion/garlic mixture, brussels sprouts, more lemon juice and zest to taste, and the cheese. Add a dash of cheese and red pepper flakes on top.