



Peach Dish



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Ingredients

Ice, as needed*

Water, as needed*

Kosher salt, to taste*

10 ounces Brussels sprouts, quartered

1 tablespoon olive oil*

2 small shallots, halved and thinly sliced

2 parsnips, peeled, halved lengthwise, and thinly sliced

1 1/2 tablespoons balsamic vinegar

1 tablespoon honey

1/2 head Radicchio, core removed, halved and thinly sliced

1/4 cup pine nuts, lightly toasted

Black pepper, to taste*

1 ounce Parmesan, grated

*Ingredients not included in your PeachDish box.

Pan-Roasted Brussels Sprouts, Radicchio and Parsnips with Balsamic Vinegar, Parmesan and Pine Nuts

Recipe Courtesy of Chef Robert Lupo

1. Please read entire recipe card before beginning.
2. Prepare vegetables by: quartering Brussels sprouts; halving and thinly slicing shallots; peeling, halving and thinly slicing parsnips; coring, halving and thinly slicing Radicchio; and lightly toasting pine nuts. Set prepped vegetables aside.
3. Prepare a medium-sized bowl of ice water, and set aside. Place a small-medium sauce pot filled halfway with salted water on high heat, and bring to a boil. Add Brussels sprouts and boil for 1-2 minutes. Remove the Brussels sprouts, submerge in the bowl of ice water, and drain.
4. Place a large sauté pan over medium heat and add olive oil. When oil is shimmering, add shallots. Adjust heat down to low and cook for 5-6 minutes while stirring continuously. Turn the heat to high, add Brussels sprouts and parsnips, and cook for 6-7 minutes while stirring continuously. While the vegetables are cooking, mix balsamic vinegar and honey in a small bowl.
5. Add the balsamic vinegar-honey mixture to pan, adjust heat down to medium, and cook for 2-3 minutes. Add radicchio, pine nuts and season to taste with salt and pepper. Mix thoroughly, cook for 2 minutes, and remove from heat.
6. Divide onto two plates, top with Parmesan cheese, and season to taste with salt and pepper. Enjoy!

Yield: 2 servings

Preparation Time: 15 minutes

Cook Time: 25 minutes