

# DINNERLY



## Sticky BBQ Brussels Sprouts & Mushrooms

over Cheddar Grits with a Fried Egg



20-30min



2 Servings

Thinking Brussels sprouts are "gross" is so yesterday. Now that we're Adults™, we can't get enough of these roasted, caramelized sprouts slathered in sticky-sweet barbeque sauce. Oh, and did we mention the mushrooms? How about the creamy cheddar grits and crispy fried egg? Even the pickiest veggie-hater can't resist a meal like this. We've got you covered!



## WHAT WE SEND

- 2 scallions
- ½ lb Brussels sprouts
- 4 oz mushrooms
- 3 oz grits
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- 4 oz barbecue sauce

## WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper
- butter <sup>7</sup>
- 2 large eggs <sup>3</sup>

## TOOLS

- rimmed baking sheet
- medium saucepan
- medium nonstick skillet

## ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 780kcal, Fat 47g, Carbs 75g, Protein 23g



### 1. Prep ingredients

Preheat oven to 500°F with racks in the upper and lower thirds. Line a rimmed baking sheet with aluminum foil.

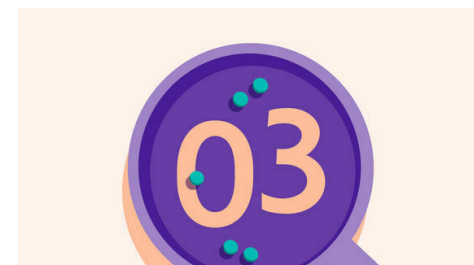
Trim ends from **scallions**, then thinly slice, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Trim **Brussels sprouts**, remove any outer leaves if necessary, then halve (or quarter if large). Trim stem ends from **mushrooms**, then thinly slice caps.



### 2. Roast vegetables

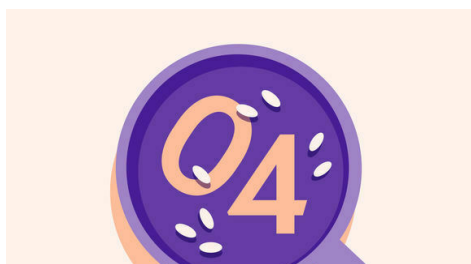
Transfer **Brussels sprouts** to foil-lined baking sheet and toss with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until lightly browned, about 5 minutes.

Season **mushrooms** with **salt** and **pepper**, transfer to same baking sheet, and carefully toss with Brussels sprouts. Roast on lower rack until veggies are well browned, 5–7 minutes more.



### 3. Cook grits

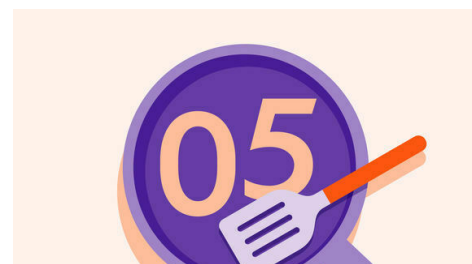
Melt **1 tablespoon butter** in a medium saucepan over medium heat. Add **sliced scallion whites** and **chopped garlic**; cook, stirring occasionally, until aromatics are softened and fragrant, 1–2 minutes. Add **2¼ cups water** and **1 teaspoon salt**; bring to a boil. Gradually whisk in **grits**. Cover and cook over medium-low, whisking occasionally, until tender and thick, 8–10 minutes.



### 4. Finish grits & vegetables

To saucepan with **grits**, whisk in **cheese** and **2 tablespoons butter** until smooth. Remove from heat and season to taste with **salt** and **pepper**. Keep covered until ready to serve.

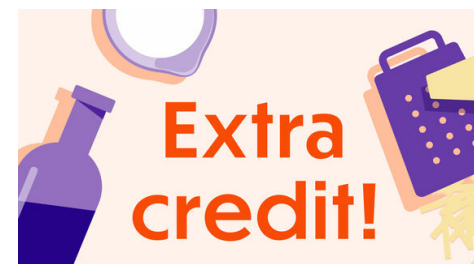
Toss **roasted veggies** with **half of the barbecue sauce**; continue roasting on upper rack until sauce is caramelized, 3–5 minutes. Remove from oven, toss with remaining barbecue sauce, and set aside.



### 5. Fry eggs & serve

Heat **1 tablespoon oil** in a medium nonstick skillet over high until shimmering. Crack **2 large eggs** into skillet; cook until whites are golden-brown and set, and yolks still runny, 2–3 minutes. Season with **salt** and **pepper**. If **grits** are too thick, loosen by stirring in **¼–½ cup water**.

Serve **grits** topped with **vegetables**, **fried eggs**, and **scallion dark greens**. Enjoy!



### 6. Pro egg tip!

Are the whites of your eggs not cooking fast enough? Tilt the skillet slightly so the oil pools to one side. Using a spoon, scoop up the oil and drizzle it over the whites. Repeat until they're set!