

Air Fryer Brussel Sprouts

Ingredients

- 1 lb. brussels sprouts, trimmed and halved
- 1 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- Pinch of crushed red pepper flakes
- Juice of 1/2 lemon
- 1 clove garlic, minced
- 1 tbsp. honey
- 1 tbsp. red wine vinegar
- 2 tsp. Dijon mustard

Directions

- **Step 1**
In a medium bowl, toss Brussels sprouts with oil; season with salt, black pepper, and red pepper flakes, then toss again.
- **Step 2**
Working in batches if necessary, in an air-fryer basket, arrange sprouts in a single layer; reserve bowl. Cook at 380°, tossing halfway through, until browned and charred in spots, about 18 minutes.
- **Step 3**
In a small bowl, whisk lemon juice, garlic, honey, vinegar, and mustard; season with salt and black pepper.
- **Step 4**
Return cooked Brussels sprouts to reserved bowl. Pour dressing over and toss well to combine.