

UMAMI MISO FRIED CAULIFLOWER AND BRUSSELS SPROUTS

- 1 1/2 heads Cauliflower, cut into florets
- 1/2 lbs Brussels sprouts, cleaned and halved
- Frying oil
- 10 Dried Thai bird chiles, whole
- 1/4 cups Knorr® Professional Ultimate Intense Flavors Miso Umami
- Salt and pepper
- Black sesame seeds, as needed

_servings: 5 |

1. Fry the cauliflower florets, then fry the Brussels sprouts. Fry them separately, as the Brussels sprouts will cook faster. Drain.
2. Toss the vegetables together in a bowl with the dried chiles and add Knorr Intense Flavors Miso Umami. Season with salt and pepper.
3. Serve in a bowl and sprinkle with black sesame seeds.

ADDITIONAL INFORMATION

Ingredients

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Course

[Starters](#)

Cuisine

[American](#), [Asian](#)

Serving Size

5

Category

[Vegetarian](#)