

Maple Mustard Brussels & Sausage

Servings: 2 | **Prep Time:** 8 minutes | **Cook Time:** 15 minutes | **Total Time:** 23 minutes

This maple mustard Brussels and sausage recipe is a quick, flavor-packed dinner that balances sweet, savory, and slightly tangy in every bite. Crispy Brussels sprouts, smoky sausage, and a simple maple-mustard glaze come together in under 25 minutes — perfect for easy weeknight dinners with minimal ingredients.

Why You'll Love This Recipe

- Fast & easy — ready in under 25 minutes
- Sweet + savory balance without heavy sauces
- One-pan or air fryer option
- Budget-friendly ingredients
- Customizable with spice, crunch, or extra veggies

Ingredients

- 2 cups Brussels sprouts, halved
- ½ lb smoked sausage or chicken sausage, sliced into coins
- 1 Tbsp olive oil
- 1 Tbsp maple syrup (pure maple recommended)
- 1 tsp mustard (Dijon or yellow)
- Salt & black pepper, to taste

Ingredient Notes & Substitutions

- **Brussels sprouts:** Halving helps them cook evenly and caramelize.
- **Sausage:** Smoked sausage adds richness; chicken sausage keeps it lighter.
- **Maple syrup:** Adds natural sweetness; honey can be substituted.
- **Mustard:** Dijon adds depth; yellow keeps it mild.

Instructions

Step 1: Prep the ingredients

Wash and halve Brussels sprouts. Slice sausage into evenly sized coins.

Step 2: Cook the Brussels & sausage (Skillet)

Heat olive oil in a large skillet over medium-high heat. Add Brussels sprouts cut-side down and sausage. Cook 10–12 minutes, stirring occasionally, until Brussels are tender with crispy edges and sausage is browned.

Step 2 (Alternative): Air Fryer

Preheat air fryer to 400°F. Toss Brussels sprouts and sausage with olive oil and air fry 10–12 minutes, shaking halfway.

Step 3: Make the maple mustard glaze

Whisk maple syrup and mustard. Pour over hot Brussels and sausage, tossing to coat and lightly caramelize.

Step 4: Season & serve

Taste and season with salt and black pepper. Serve warm.

Tips for Best Results

- Do not overcrowd the pan so Brussels can crisp.
- If glaze thickens too fast, add a teaspoon of water.
- For extra caramelization, let glaze cook 30–60 seconds before serving.

Variations & Add-Ins

- Add crunch: toasted pecans or sliced almonds
- Add heat: red pepper flakes or cayenne
- Add acid: splash of apple cider vinegar or lemon juice
- Make it heartier: serve over rice, mashed potatoes, or quinoa
- Veggie boost: add onions or sliced apples while cooking

Storage & Reheating

Refrigerator: Store leftovers in an airtight container for up to 3 days.

Reheat: Warm in a skillet or air fryer to re-crisp the Brussels sprouts.