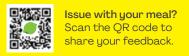


Honey-Garlic Chicken

with Brussels Sprouts and Sweet Potato Mash

30 Minutes







Chicken Breasts









Garlic, cloves

Sweet Potato

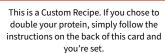








Soy Sauce



CUSTOM RECIPE

Happy cooking!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps 4 person Ingredient

Bust out

Baking sheet, vegetable peeler, measuring spoons, potato masher, colander, small bowl, large pot, large non-stick pan, paper towels

Ingredients

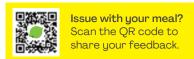
	2 Person	4 Person
Chicken Breasts •	2	4
Double Chicken Breasts *	4	8
Garlic Salt	¾ tsp	1 ½ tsp
Honey	2 tbsp	4 tbsp
Sweet Potato	2	4
Brussels Sprouts	170 g	340 g
Chives	7 g	7 g
Garlic, cloves	1	2
Soy Sauce	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.





Cook sweet potatoes

- Peel, then cut sweet potatoes into 1-inch pieces.
- Add sweet potatoes, 1 tsp salt and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return sweet potatoes to the same pot, off heat.



Cook chicken

- Pat chicken dry with paper towels, then season with 1/2 tsp (1 tsp) garlic salt and pepper.
- Heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil, then **chicken**. Sear until golden-brown, 2-3 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Bake in the **middle** of the oven until cooked through, 10-12 min.**

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken.** Work in batches, if necessary.



Prep and make honey-garlic sauce

- Meanwhile, halve Brussels sprouts (if larger, quarter them).
- Thinly slice chives.
- Peel, then finely grate garlic.
- Add honey, soy sauce and garlic to a small bowl. Season with **pepper**, then stir to combine. Set aside.



Cook Brussels sprouts

- Meanwhile, heat the same pan over medium.
- Add Brussels sprouts and 2 tbsp (4 tbsp) water. Cook, stirring occasionally, until tender, 5-6 min.
- Add 1 tbsp (2 tbsp) butter. Cook, stirring often, until butter melts, 1 min.
- Season with 1/4 tsp (1/2 tsp) garlic salt and pepper.
- Transfer Brussels sprouts to a plate, then cover to keep warm.



Mash sweet potatoes

- When sweet potatoes are fork-tender, mash 2 tbsp (4 tbsp) butter into sweet potatoes until smooth.
- Season with salt and pepper, to taste, then stir in half the chives.



Finish and serve

- When chicken is done, drizzle **honey-garlic sauce** over top. Toss to coat.
- Divide sweet potato mash, Brussels sprouts and honey-garlic chicken between plates.
- Drizzle any remaining honey-garlic sauce from the baking sheet over **chicken**.
- Sprinkle remaining chives over top.

Dinner Solved!