

DINNERLY



Honey-Chipotle Brussels Sprouts Tacos:

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Even the pickiest eaters and Brussels sprouts skeptics won't be able to resist them in taco form! Sweet and spicy veg-forward tacos will be on your regular rotation from now on. We've got you covered!

WHAT WE SEND

- 1 lb Brussels sprouts
- 1 red onion
- ½ oz honey
- 1 oz chipotle chiles in adobo sauce
- 2 (1 oz) sour cream¹
- ¼ oz fresh cilantro
- 6 (6-inch) flour tortillas^{2,3}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet

COOKING TIP

If you don't have a microwave for step 3, heat the tortillas in a skillet on the stovetop until warm and lightly golden, about 30 seconds per side.

ALLERGENS

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 550kcal, Fat 26g, Carbs 69g, Protein 15g



1. Roast sprouts & onion

Preheat oven to 450°F with a rack in the upper third.

Trim **Brussels sprouts**; remove any tough outer leaves, then halve (or quarter, if large). Halve **onion** lengthwise; cut lengthwise into ½-inch slices.

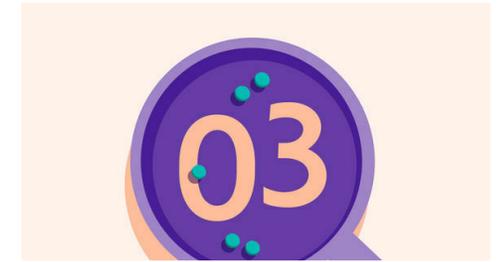
On a rimmed baking sheet, toss veggies with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on upper oven rack until tender and charred in spots, 20–25 minutes.



2. Prep glaze & crema

While **veggies** roast, in a small bowl, stir together **honey** and **2 teaspoons chipotle chiles** (use more or less depending on heat preference).

In a separate small bowl, thin **all of the sour cream** with **1 teaspoon water** at a time, as needed, until it drizzles from a spoon; season to taste with **salt** and **pepper**.



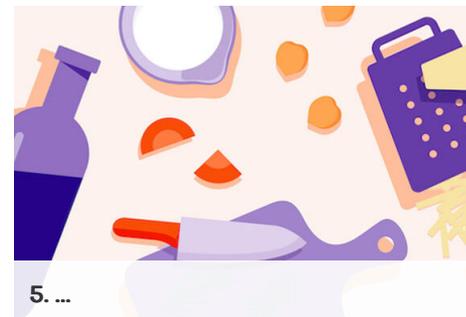
3. Finish & serve

Pick **cilantro leaves** from stems; discard stems. Wrap **tortillas** in a damp paper towel; microwave in 30-second increments until warmed through (see cooking tip). Toss **Brussels sprouts and onions** with **honey-chipotle glaze** directly on baking sheet.

Serve **honey-chipotle Brussels sprouts** in **tortillas** topped with **crema** and **cilantro**. Enjoy!



4. ...
What were you expecting, more steps?



5. ...
You're not gonna find them here!



6. ...
Kick back, relax, and enjoy your Dinnerly!