

# DINNERLY



## REBOOT Chicken & Brussels Sprouts with Carrots & Honey-Mustard



20-30min



2 Servings

All vegetables deserve a little love—including (maybe especially?) Brussels sprouts. Shake off any preconceived notions about these delicious little cabbages, which have had a bad rap for too long. When they're roasted until crisp and caramelized (as they are here, with carrots), the sprouts are simply out of this world. And, they help this simple chicken dinner shine even brighter. We've got you covered!

### WHAT WE SEND

- 1 carrot
- ½ lb Brussels sprouts
- 12 oz boneless, skinless chicken thighs
- ¼ oz pkt Dijon mustard<sup>17</sup>
- ½ oz honey

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

### TOOLS

- rimmed baking sheet

### ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 460kcal, Fat 26g, Carbs 22g, Protein 40g



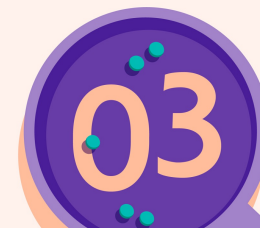
#### 1. Prep veggies

Preheat oven to 425°F with a rack in the upper third. Scrub **carrots** (no need to peel). Trim ends and halve lengthwise, if thick; cut into ¾-inch pieces. Trim stems ends from **Brussels sprouts**, then halve lengthwise. In a medium bowl, toss veggies with **1 tablespoon oil, salt, and pepper** (save bowl for step 4). Spread veggies on one half of a rimmed baking sheet.



#### 2. Prep chicken

Pat **chicken** dry. Arrange chicken on other half of baking sheet. Rub chicken with **2 teaspoons oil, salt, and pepper**.



#### 3. Roast veggies & chicken

Roast **veggies** and **chicken** on upper oven rack until chicken is cooked through and veggies are tender, 15-20 minutes.



#### 4. Make honey-mustard

Meanwhile, in reserved bowl, whisk together **mustard, honey, 1 tablespoon vinegar**, and **2 tablespoons oil** until smooth; season with **salt and pepper**.



#### 5. Finish & serve

Remove baking sheet from oven. Switch oven to broil. Spoon **2 tablespoons of the honey-mustard** over **chicken**. Return baking sheet to upper oven rack and broil until chicken is lightly browned, 1-2 minutes (watch closely). Serve **chicken** with **veggies** alongside, spooning **remaining honey-mustard** over top. Enjoy!



#### 6. Spice it up!

For a sweet and spicy kick, add a pinch of cayenne to the honey-mustard glaze in step 4.