

# DINNERLY

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



20-30min



2 Servings

All vegetables deserve a little love—including Brussels sprouts. Shake off any and all negative preconceived notions about these delicious little nutritional powerhouses. When crisped and caramelized along with carrots, they're everything you need to balance out juicy, tender roasted honey-mustard chicken. We've got you covered!

## WHAT WE SEND

- chicken drumsticks
- Brussels sprouts
- honey
- Dijon mustard <sup>17</sup>
- carrots

## WHAT YOU NEED

- apple cider vinegar
- coarse kosher salt
- freshly ground pepper
- olive oil

## 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 468kcal, Fat 31g, Carbs 20g, Protein 28g



### 1. Prep chicken

Preheat oven to 425°F with a rack in the upper third. Pat **chicken** dry. Using a sharp knife, make 2 cuts into top of drumsticks at thickest part, slicing to bone. On a rimmed baking sheet rub chicken with **2 teaspoons oil**, and season with **½ teaspoon each salt and pepper**. Bake in upper third of oven until partially cooked, but not browned, about 8 minutes.



### 2. Prep veggies

Meanwhile, scrub **carrots** (no need to peel). Trim ends, then cut crosswise into ¾-inch pieces, halving lengthwise if thick. Trim stems ends from **Brussels sprouts**, then halve lengthwise. In a medium bowl, toss veggies with **1 tablespoon oil**, **¼ teaspoon salt**, and **a few grinds pepper**.



### 3. Roast veggies

After **chicken** has cooked for about 8 minutes, add **Brussels sprouts** and **carrots** to baking sheet with chicken (save veggie bowl for step 4). Bake until chicken is cooked through and veggies are tender, about 20 minutes.



### 4. Make honey-mustard

As **chicken** and **veggies** roast, use reserved bowl to whisk together: **mustard**, **honey**, **1 tablespoon vinegar**, and **2 tablespoons oil**. Season with **¼ teaspoon salt** and **a few grinds pepper**.



### 5. Finish & serve

Remove baking sheet from oven. Preheat broiler to high. Spoon **2 tablespoons of the honey-mustard** over the **drumsticks**. Return baking sheet to upper third of oven and broil until drumsticks are lightly browned, 1-2 minutes (watch closely as ovens vary). Serve **chicken** with **veggies** alongside, spooning **remaining honey-mustard** over top. Enjoy!



### 6. Spice it up!

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