



Peak Season! Honey Mustard Curry Chicken

with Roasted Brussels Sprouts



30-40min



2 Servings

Pan sauces are quick to throw together and turn the simplest of ingredients into an elegant meal. Here, we coat tender chicken breasts in a buttery sauce of honey, mustard, garlic, and curry powder. The bold flavors meld together to create a sweet, tangy, and gently spiced sauce that gets sopped up with steamy jasmine rice. Crispy roasted Brussels sprouts alongside make this dish perfect for any night of the week!

What we send

- ½ lb Brussels sprouts
- 5 oz jasmine rice
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz honey
- 1 pkt Dijon mustard ¹⁷
- ¼ oz curry powder

What you need

- olive oil
- kosher salt & ground pepper
- garlic
- unsalted butter ⁷

Tools

- rimmed baking sheet
- small saucepan
- microplane or grater
- medium skillet

Cooking tip

It's peak season for hearty roasted Brussels sprouts, which means they're at their most delicious!

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 15g, Carbs 75g, Protein 48g



1. Roast Brussels sprouts

Preheat oven to 450°F with a rack in the upper third. Trim **Brussels sprouts**, remove any tough outer leaves if necessary, then halve (or quarter, if large). Toss on a rimmed baking sheet with a **drizzle of oil**; season with **salt** and **pepper**. Roast on center oven rack until tender and charred in spots, 15-20 minutes.



4. Make curry sauce

To same skillet over medium heat, add **¾ cup water**, stirring to deglaze skillet. Stir in **garlic, honey, mustard**, and **1½ teaspoons curry powder** until combined. Simmer until slightly thickened and coats back of a spoon, 2-3 minutes. Off heat, stir in **1 tablespoon butter** until melted. Season to taste with **salt** and **pepper**. Return **chicken** to skillet; turn to coat in sauce.



2. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**, bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat. Keep covered until ready to serve.



5. Finish & serve

Fluff **rice** with a fork.

Serve **honey mustard curry chicken** over **rice** with **roasted Brussels sprouts** alongside. Spoon **remaining curry sauce** from skillet over top. Enjoy!



3. Cook chicken

Pat **chicken** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Transfer to a plate; return skillet to stove.

Finely grate **1 teaspoon garlic**.



6. Pro tip!

Roasting Brussels sprouts at high heat caramelizes their natural sugars and crisps them up!