

# DINNERLY



## Seared Chicken with Glazed Honeynut Squash

Roasted Brussels & Shallot-Thyme Pan Sauce



40-50min



2 Servings

How does that song go again? Thyme, thyme, thyme is on my side, yes it is. You know what thyme is also on (er, in)? The shallot-thyme pan sauce that's serenading seared chicken, maple-glazed honeynut squash, and roasted Brussels sprouts. We're extra proud of our honeynut squash that's grown in upstate NY, sourced from Ark Foods and non-GMO certified. **380** That song, and this dish, are two of our favorites. We've got you covered!



## WHAT WE SEND

- ¼ oz fresh thyme
- 1 oz maple syrup
- 1 honeynut squash
- ½ lb Brussels sprouts
- 1 pkt chicken broth concentrate
- ¼ oz gelatin
- 1 shallot
- 10 oz pkg boneless, skinless chicken breast

## WHAT YOU NEED

- unsalted butter <sup>7</sup>
- kosher salt & ground pepper
- neutral oil
- white wine vinegar (or apple cider vinegar) <sup>17</sup>

## TOOLS

- parchment paper
- rimmed baking sheet
- medium skillet

## COOKING TIP

Replace half the water for sauce with white wine if desired.

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 610kcal, Fat 33g, Carbs 45g, Protein 44g



### 1. Make glaze

Preheat oven to 450°F with a rack in the center. In a medium skillet, cook **2 tablespoons butter** and **1 thyme sprig** over medium heat, swirling constantly, until butter is dark golden brown and has a nutty aroma, 1–3 minutes. Add **maple syrup**; simmer, whisking frequently, until slightly thickened, 1–2 minutes.



### 2. Roast glazed squash

Transfer **glaze** to a large bowl and discard **thyme sprig**; wash and reserve skillet.

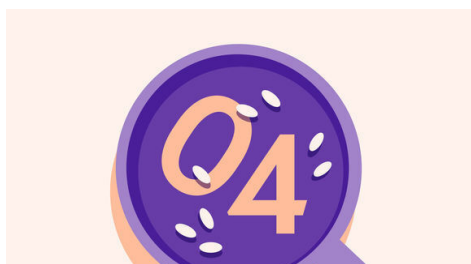
Halve **squash** and scoop out seeds. Cut into ¾-inch thick half moons. Add squash to bowl with glaze and mix well; season with **salt** and **pepper**. Arrange on 1 half of a parchment-lined rimmed baking sheet. Bake on center rack until bottoms of squash are golden brown, about 15 minutes.



### 3. Roast Brussels sprouts

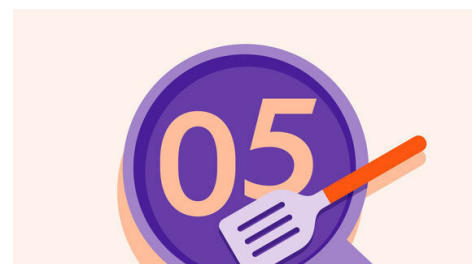
Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half. In a medium bowl, toss with **1 tablespoon oil**; season with **salt** and **pepper**.

Flip **squash** pieces. Arrange **Brussels sprouts** cut side down on empty half of baking sheet. Bake until squash is tender and glazed and Brussels sprouts are deeply browned on bottoms, 15–20 minutes.



### 4. Cook chicken

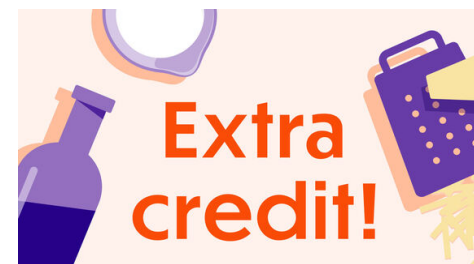
In a measuring cup, whisk together **broth concentrate** and ½ **cup water**. Sprinkle **gelatin** over top; set aside. Finely chop **half of the shallot**. Pat **chicken** dry; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board.



### 5. Make pan sauce

Add **shallot** to skillet; cook until softened, 1 minute. Add **broth mixture** and **3 thyme sprigs**. Cook over high, scraping up browned bits from bottom of pan, until reduced by ⅓, 2–4 minutes. Remove from heat and stir in ½ **teaspoon vinegar** and **1 tablespoon butter**; remove and discard thyme sprigs.

Thinly slice **chicken**. Serve with **squash**, **Brussels sprouts**, and **sauce**. Enjoy!



### 6. Pan sauce pro!

The trick to making your at-home pan sauce restaurant-worthy? Gelatin! The gelatin helps thicken and emulsify the sauce so it doesn't separate or look oily. Finished with a pat of butter, this pan sauce is glossy, smooth, and ready for anything.