

DINNERLY

Pan Roasted Chicken & Jus with Maple

Glazed Squash & Roasted Brussels Sprouts



40-50min



2 Servings

WHAT WE SEND

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

WHAT YOU NEED

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

TOOLS

- rimmed baking sheet
- parchment paper
- medium skillet

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 35g, Carbs 45g, Protein 44g



1. Roast squash

Preheat oven to 450°F with a rack in the center. Cut squash into quarters lengthwise; scoop out and discard seeds. In a large bowl, toss squash with 1 tablespoon oil; season with salt and pepper. Arrange, cut side down on 1 half of a parchment-lined rimmed baking sheet. Bake on center rack until bottoms of squash are deep golden brown, about 20 minutes.



2. Make glaze

In a medium skillet, cook 1 tablespoon butter and 1 thyme sprig over medium heat, swirling constantly, until butter is dark golden brown and has nutty aroma, 1–3 minutes. Add maple syrup; simmer, whisking frequently, until slightly thickened, 2–3 minutes. Transfer glaze to a bowl; wash and reserve skillet.



3. Roast Brussels sprouts

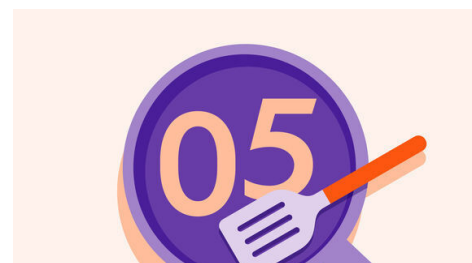
Trim ends from Brussels sprouts; remove any tough outer leaves, if necessary. Cut in half. In a medium bowl, toss with 1 tablespoon oil, salt, and pepper.

Flip squash flesh side up; brush with glaze. 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

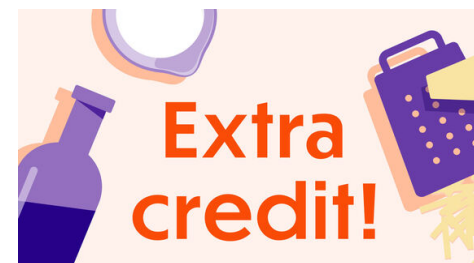
In a measuring cup, whisk together broth concentrate and ½ cup water. Sprinkle gelatin over top; set aside. Finely chop half the shallot. Pat chicken dry; season all over with salt and pepper. Heat 1 tablespoon oil in reserved skillet over medium-high. Add chicken and cook until golden brown and cooked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



5. Make pan sauce

Add shallot to skillet; cook until softened, about 1 minute. Add broth mixture and 3 thyme sprigs. Cook on high heat, scraping off browned bits from bottom of pan, until reduced by ⅓, 2–3 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.