



Pan-Roasted Sweet & Smoky Chicken

with Sweet Potatoes, Brussels Sprouts & Crema



30-40min



2 Servings

Tonight's dinner ticks all the boxes—savory, smoky, and a little sweet and spicy. We quickly marinate boneless chicken breasts in chipotle chili powder, then cook them in a hot skillet. The tasty browned bits on the bottom of the skillet become a maple scented pan-sauce. Tender roasted sweet potato wedges and garlicky brussels sprouts round out plate and a drizzle of maple-lime crema on top ties it all together.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz chipotle chili powder
- 2 sweet potatoes
- ½ lb Brussels sprouts
- garlic
- 1 lime
- 2 (1 oz) sour cream ¹
- 1 oz maple syrup
- ¼ oz fresh cilantro

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- white wine vinegar (or red wine vinegar)

Tools

- 2 rimmed baking sheets
- medium skillet

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 41g, Carbs 76g, Protein 48g



1. Marinate chicken

Preheat oven to 450°F with racks in the center and lower third. Pat **chicken** dry; pound to an even ½-inch thickness, if desired. In a medium bowl, stir to combine **1 tablespoon oil**, **1 teaspoon chipotle chili powder** (save remaining for step 6), **½ teaspoon salt**, and **a few grinds of pepper**. Transfer chicken to bowl, turning to coat in marinade. Let sit until step 5.



4. Make maple crema

Squeeze **1 teaspoon lime juice** into a small bowl. Whisk in **all of the sour cream** and **2 teaspoons maple syrup** (save remaining for step 5). Season maple crema to taste with **salt** and **pepper**.



2. Roast sweet potatoes

Scrub **sweet potatoes**, then cut into 1-inch thick wedges. Toss on a rimmed baking sheet with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on lower oven rack until potatoes are browned and tender, 20-25 minutes (watch closely as ovens vary).



5. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken**; cook until browned and cooked through, 3-4 minutes per side. Transfer to plates; reduce heat to medium. Add **chopped garlic**; stir until fragrant, 30 seconds. Add **¼ cup water**, **remaining maple syrup**, **1 tablespoon butter**, and **½ teaspoon vinegar**. Cook, stirring up browned bits, until thickened, 1-2 minutes.



3. Roast Brussels sprouts

Trim ends from Brussels sprouts; remove any tough outer leaves, if necessary. Cut in half. Thinly slice **1 large garlic clove** and finely chop 1 large garlic clove. On a 2nd rimmed baking sheet, toss Brussels sprouts and sliced garlic with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on center oven rack until browned and tender, 10-15 minutes (watch closely).



6. Finish & serve

Return **chicken** to skillet and turn to coat in **pan sauce**. Drizzle **maple crema** over **sweet potatoes**. Sprinkle with **some of the remaining chipotle chili powder**, if desired, and tear **cilantro leaves** over top. Serve **chipotle chicken** alongside **sweet potatoes** and **garlicky Brussels sprouts**. Enjoy!