

DINNERLY



Easy Clean Up! BBQ Chicken Bowl with Sweet Potato Mash & Roasted Broccoli



20-30min



2 Servings

In the mood for a personal barbeque party? We thought so. That means you've come to the right place. This recipe is all about fulfilling our biggest BBQ cravings with little effort. All you gotta do is cook the chicken and veggies and drizzle BBQ sauce all over top. We've got you covered!

WHAT WE SEND

- 2 sweet potatoes
- ½ lb broccoli
- ½ lb pkg chicken breast strips
- 2 oz barbecue sauce
- ½ oz fried onions ⁶

WHAT YOU NEED

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

TOOLS

- medium saucepan
- rimmed baking sheet
- potato masher or fork

ALLERGENS

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 27g, Carbs 76g, Protein 33g



1. Boil potatoes

Preheat broiler with a rack in the center.

Peel **sweet potatoes**; cut into 1-inch pieces. Add to a medium saucepan with enough **salted water** to cover by 1 inch; cover and bring to a boil. Uncover and simmer until easily pierced with a fork, 11–13 minutes. Reserve **¼ cup cooking water**, then drain potatoes. Cover to keep warm off heat until step 4.



4. Mash sweet potatoes

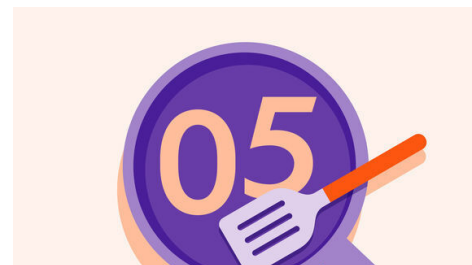
Return **sweet potatoes** to medium heat. Add **reserved cooking water** and 2 **tablespoons butter**. Using a potato masher or fork, mash well to combine. Season to taste with **salt** and **pepper** (add 1–2 more tablespoons water or milk, as desired).



2. Start broccoli

Cut **broccoli** into 1-inch pieces, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil** and a **generous pinch each of salt and pepper**. Broil on center oven rack until crisp-tender and starting to brown in spots, 5–10 minutes.

Meanwhile, pat **chicken** dry.



5. Finish & serve

Stir **1 teaspoon water** into **remaining barbecue sauce** to loosen.

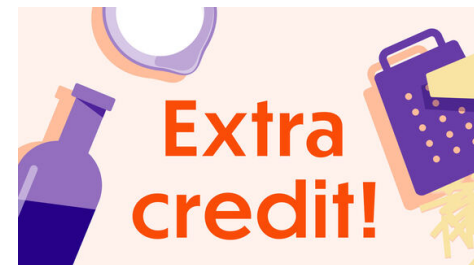
Serve **mashed sweet potatoes** with **BBQ chicken** and **broccoli**. Drizzle **barbecue sauce** over top and sprinkle with **fried shallots**. Enjoy!



3. Broil chicken & broccoli

Push **broccoli** to one side of baking sheet. Add **chicken** to open side; toss with **1 teaspoon oil** and **2 teaspoons barbecue sauce**. Spread into a single layer.

Return to oven and broil until chicken is cooked through and caramelized and broccoli is tender and charred in spots, 5–10 minutes.



6. Carbo-load!

Serve this dish with a buttery dinner roll, crusty ciabatta, fluffy cornbread, or whatever you like!