



Honey BBQ Chicken Thighs

with Brussels Sprouts & Creamed Corn



20-30min



2 Servings

Sometimes all you want is a sweet and savory chicken dinner that comes together fast. This is that meal. We toss chicken thighs with a glaze made of honey, tamari, and barbecue sauce that caramelizes into a sticky coating as it broils alongside Brussels sprouts. The creamed corn has sweet kernels that we cook in a creamy, cheesy sauce. It all comes together to create a satisfying meal.

What we send

- 12 oz pkg boneless, skinless chicken thighs
- ½ lb Brussels sprouts
- ½ oz honey
- ½ oz tamari soy sauce ⁶
- 2 oz barbecue sauce
- garlic
- ¾ oz Parmesan ⁷
- 10 oz corn
- 1 oz cream cheese ⁷
- ¼ oz fresh chives

What you need

- kosher salt & ground pepper
- neutral oil
- butter ⁷
- all-purpose flour (or gluten-free alternative)
- ½ c milk ⁷

Tools

- rimmed baking sheet
- microplane or grater
- medium saucepan

Allergens

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

Nutrition per serving

Calories 750kcal, Fat 40g, Carbs 59g, Protein 49g



1. Season & broil chicken

Preheat broiler with a rack in the upper third.

Pat **chicken** dry, season all over with **salt** and **pepper**, and drizzle with **oil**. Transfer chicken to a rimmed baking sheet. Broil on upper oven rack until chicken is starting to brown (it won't be cooked through), about 7 minutes (watch closely as broilers vary).



4. Make creamed corn

Meanwhile, finely grate **Parmesan**.

Melt **2 tablespoons butter** in a medium saucepan over medium heat. Add **corn** and cook, stirring occasionally, until corn softens slightly and browns in spots, about 2 minutes. Stir in **2 teaspoons flour** and cook until incorporated, about 30 seconds.



2. Prep Brussels, make glaze

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). In a medium bowl, toss Brussels sprouts with **1½ tablespoons oil** and season with **salt** and **pepper**.

In a small bowl, combine **honey**, **tamari**, and **barbecue sauce**. Finely grate in **1 teaspoon garlic**; stir to combine.



5. Finish creamed corn

To saucepan with **corn**, whisk in **cream cheese** and **½ cup each of milk and water**. Cook, stirring, until mixture is thick and creamy, 2-3 minutes. Remove from heat; stir in **Parmesan**. Season to taste with **salt** and **pepper**. Cover to keep warm until ready to serve.



3. Broil Brussels & chicken

Carefully add **Brussels sprouts** to baking sheet with **chicken**. Brush chicken with **half of the barbecue glaze**. Return baking sheet to upper oven rack and broil until glaze is browned in spots, chicken is cooked through, and Brussels sprouts are lightly charred and crisp-tender, about 7 minutes (watch closely).



6. Finish & serve

Thinly slice **chives**.

Serve **chicken** with **creamed corn** and **Brussels sprouts** alongside. Garnish **creamed corn** with **chives** and brush **chicken** with **remaining barbecue glaze**. Enjoy!