

# DINNERLY



## Chicken & Caramelized Onions with Sweet Potato Mash & Broccoli



20-30min



2 Servings

All over the South, you'll find home-style restaurants that specialize in what's known as "meat and three," meaning you choose a meaty main course, plus three veggies on the side. We're bringing that tradition into your kitchen, with tender, juicy chicken breasts accompanied by caramelized onions, creamy mashed sweet potatoes, and peas. It's a dinner that's easy to cook, and easy to eat. We've got you covered!

### WHAT WE SEND

- 1 yellow onion
- 1 sweet potato
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz poultry seasoning
- 1 pkt turkey broth concentrate

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>

### TOOLS

- medium skillet
- medium saucepan
- potato masher or fork

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 500kcal, Fat 20g, Carbs 47g, Protein 39g

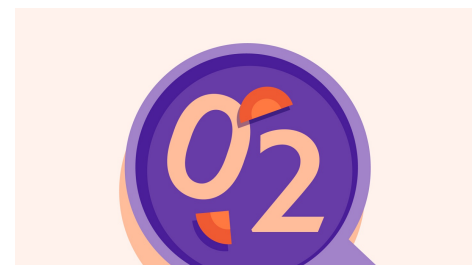


#### 1. Prep ingredients

Halve **onion** and thinly slice lengthwise.

Peel **sweet potato** and cut into 1-inch pieces.

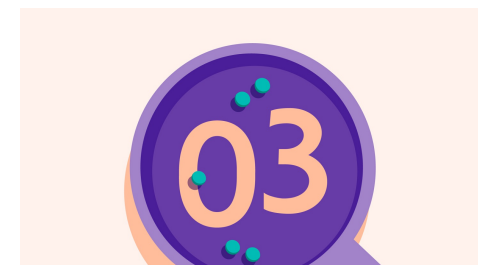
Cut **broccoli** into ½-inch florets, if necessary.



#### 2. Caramelize onions

Heat **1 tablespoon oil** in a medium skillet over medium. Add **onions**; cover and cook until softened, about 5 minutes. Uncover and season with **a pinch each salt and pepper**. Cook, stirring, until deeply browned, 12–15 minutes (if skillet starts to brown, add 1 tablespoon water at a time).

Transfer to a bowl. Wipe out skillet.



#### 3. Make sweet potato mash

Add **sweet potatoes** to a medium saucepan with enough **salted water** to cover by 1 inch. Cover; bring to a boil. Uncover; cook until almost fork-tender, 6–7 minutes. Add **broccoli** and cook until bright green, 3 minutes more.

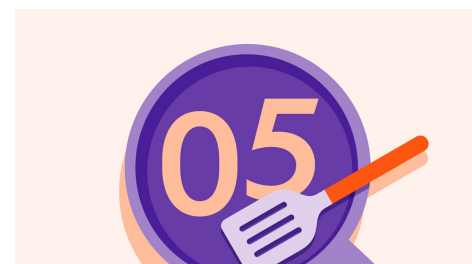
Drain potatoes and broccoli. Return to saucepan off heat. Mash with **1 tablespoon butter**. Season to taste with **salt and pepper**. Cover to keep warm.



#### 4. Brown chicken

Pat **chicken** dry and season all over with **poultry seasoning, salt, and pepper**.

Heat **2 teaspoons oil** in same skillet over medium-high. Add chicken and cook until lightly browned and cooked through, 3–4 minutes per side.



#### 5. Finish & serve

Add **onions, broth concentrate, and ¼ cup water** to skillet. Cook over medium-high heat until onions are warm and liquid is mostly evaporated, about 1 minute.

Serve **chicken and caramelized onions** with **mashed sweet potatoes and broccoli** alongside. Enjoy!



#### 6. Make it picky eater proof

Picky eater(s) at the table? Cook the sweet potatoes and broccoli separately instead of together in step 3 and serve the chicken alongside the veggies. Keep the caramelized onions on the side too for those that wish to partake!