

DINNERLY



Chicken & Caramelized Onions with Sweet Potato Mash & Brussels Sprouts



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 Brussels sprouts. It's a dinner that's easy to cook, and easy to eat. We've got you covered!

WHAT WE SEND

- ½ lb Brussels sprouts
- 1 yellow onion
- 1 sweet potato
- 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 ⁷

TOOLS

- rimmed baking sheet
- 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 520kcal, Fat 20g, Carbs 49g, Protein 40g



1. BRUSSELS VARIATION

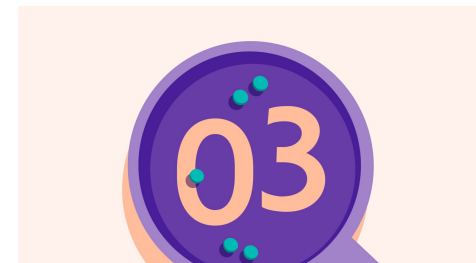
Preheat oven to 450°F with a rack in the upper third. Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Toss on a rimmed baking sheet with **2 tablespoons olive oil**; season with **salt** and **pepper**. Roast on upper oven rack until tender and charred in spots, 12–18 minutes.



2. Caramelize onions

Halve **onion** and thinly slice lengthwise. 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

Meanwhile, peel **sweet potatoes** and cut into 1-inch pieces. Add sweet potatoes to a medium saucepan with enough **salted water** to cover by 1 inch. Cover; bring to a boil. Uncover; cook until fork-tender, 9–10 minutes.

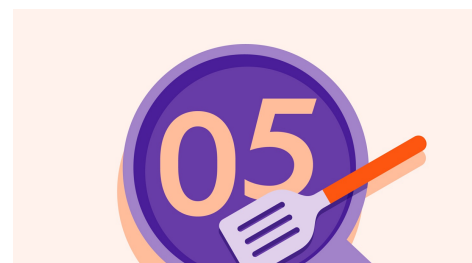
Drain potatoes. Return to saucepan off heat. Coarsely mash with **1 tablespoon butter**. Season to taste with **salt** and **pepper**. Cover to keep warm.



4. Brown chicken

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

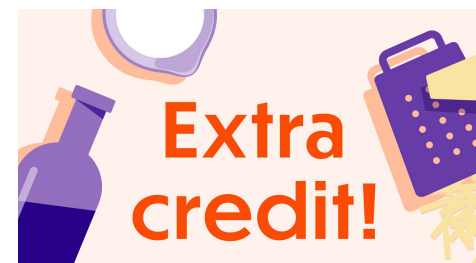
Heat **2 teaspoons oil** in same skillet over medium-high. Add chicken and cook until lightly browned and cooked through, 3–4 minutes per side.



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 **Brussels sprouts** alongside. Enjoy!



6. Check us out!

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