



## Roasted Chicken & Brussels Sprouts

with Cheesy Rice Casserole



30-40min



2 Servings

We put a new spin on chicken and rice that's not just delicious but kind of a genius timesaver. Spiced chicken and Brussels sprouts roast together on a sheet pan as the creamy rice bakes, leaving you free to dream about the result. And, if that doesn't all sound cozy enough, the rice casserole gets tucked in with a melty, bubbly blanket of cheddar cheese. Is there anything better than cheesy rice? We think not.



## What we send

- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Tex-Mex spice blend
- 1 shallot
- ½ lb Brussels sprouts
- 5 oz jasmine rice
- 2 (1 oz) cream cheese <sup>7</sup>
- 2 oz shredded cheddar-jack blend <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

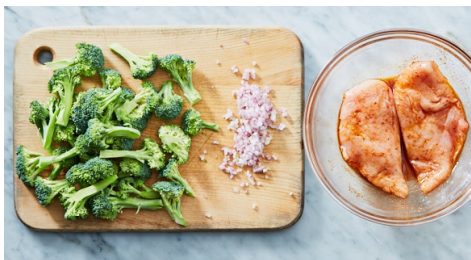
- medium ovenproof skillet
- rimmed baking sheet

## Allergens

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

## Nutrition per serving

Calories 820kcal, Fat 33g, Carbs 78g, Protein 57g



### 1. Prep ingredients

Preheat oven to 450°F with racks in the upper and lower thirds. Pat **chicken** dry, then pound to an even ½-inch thickness, if desired. In a medium bowl, stir to combine **1 tablespoon oil**, **¾ teaspoon spice blend**, and **¼ teaspoon salt**; add chicken and toss to coat. Finely chop **2 tablespoons shallot** (save rest). Trim ends from **Brussels sprouts**. Cut in half (or quarter, if large).



### 4. Bake rice casserole

To skillet with **rice**, whisk in **all of the cream cheese**, **2½ cups water**, **½ teaspoon salt**, and **a few grinds of pepper** over high heat until cream cheese is melted. Remove from heat, cover, and carefully transfer to lower oven rack. Bake until rice is tender and liquid is absorbed, about 17 minutes.



### 2. Sear chicken

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chicken** and cook until browned on the bottom, 3–4 minutes (chicken will not be cooked through). Transfer to a plate.



### 3. Toast rice

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chopped shallots** and cook, stirring, until golden, 1–2 minutes. Add **rice** and cook, stirring, until lightly toasted, about 2 minutes.



### 5. Roast Brussels & chicken

Meanwhile, on a rimmed baking sheet, toss **Brussels sprouts** with **1 tablespoon oil**, and season with **a pinch each of salt and pepper**. Roast on upper oven rack, about 8 minutes. Place **chicken** on same baking sheet, seared side up, and continue roasting until chicken is cooked through and Brussels sprouts are charred in spots, about 10 minutes.



### 6. Finish & serve

Remove **chicken**, **Brussels sprouts**, and **rice** from oven. Switch oven to broil. Uncover rice and scatter **cheese** over top. Return skillet to upper oven rack and broil until cheese is melted and browned in spots, 2–3 minutes (watch closely as broilers vary). Serve **cheesy rice casserole** with **chicken** and **Brussels sprouts** alongside. Enjoy!