



Lemon-Dijon Chicken

with Rice & Roasted Brussels Sprouts



30-40min



2 Servings

We love the ease of cooking under the broiler. The veggies get a head-start in the oven as the chicken cooks in a skillet. The true hero here is tangy garlic Dijon sauce—be sure to let the garlic cool slightly before quickly whisking in the mustard so it fully emulsifies—a fancy cooking word for combine completely. Drizzle the sauce over the whole sheet pan and toss for saucy perfection.

What we send

- 5 oz jasmine rice
- 1 yellow onion
- ½ lb Brussels sprouts
- 1 lemon
- ¼ oz fresh thyme
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- 3 (¼ oz) Dijon mustard

What you need

- kosher salt & ground pepper
- olive oil
- butter⁷

Tools

- small saucepan
- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 23g, Carbs 80g, Protein 50g



1. Cook rice

In a small saucepan, combine **rice**, **1 ¼ cups water**, and **a pinch of salt** and bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Prep ingredients

Meanwhile, halve and thinly slice **all of the onion**. Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Halve **lemon** lengthwise, and cut one half into wedges.

Pick and coarsely chop **half of the thyme leaves**. Finely chop **2 large garlic cloves**. Preheat broiler with a rack six inches from heat source.



3. Season veggies & chicken

On a rimmed baking sheet, toss **onions**, **Brussels sprouts**, **lemon wedges**, and **half of the chopped thyme** with **1 tablespoon oil**; season with **salt** and **pepper**. Spread veggies to an even layer.

Pat **chicken** dry, then pound to an even thickness, if desired. Rub chicken with **oil** and season all over with **salt** and **pepper**.



4. Broil veggies

Broil **veggies** on top oven rack until browned, stirring halfway through, 10-12 minutes total (watch closely as broilers vary).

In a small bowl, whisk to combine **all of the Dijon** and **2 tablespoons water**.



5. Cook chicken & make sauce

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **chicken** and cook until golden and cooked through, 3-4 minutes per side. Transfer to a plate.

Off heat, add **garlic** and **1 tablespoon each of butter and oil** to same skillet. Cook, stirring, until fragrant, 1-2 minutes. Add **Dijon mixture**; whisk to combine, scraping up any browned bits.



6. Finish & serve

Transfer **chicken** to baking sheet with **veggies**; pour **Dijon sauce** over top and sprinkle with **remaining chopped thyme**. Gently toss together on baking sheet to combine; season to taste with **salt** and **pepper**. Fluff **rice** with a fork, and transfer to plates.

Serve **chicken**, **veggies**, and **any pan drippings** over **rice**. Enjoy!