



Everything Bagel Chicken & Brussels Sprouts

with Scallion-Sour Cream Wedge



30-40min



2 Servings

We indulge our obsession with everything bagel seasoning by rubbing this addictive blend over juicy chicken breasts for a major dose of flavor. A rich drizzle of scallion and sour cream dressing is a delicious match for a crisp romaine wedge. Roasted Brussels sprouts complete this picture perfect dish.

What we send

- ½ lb Brussels sprouts
- garlic
- 2 scallions
- 1 romaine heart
- 2 (1 oz) sour cream ¹
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz everything bagel seasoning ²

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- sugar

Tools

- rimmed baking sheet
- medium skillet

Allergens

Milk (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 440kcal, Fat 22g, Carbs 17g, Protein 46g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Roast Brussels sprouts

Preheat oven to 450°F with a rack in the lower third.

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). On a rimmed baking sheet, toss Brussels sprouts with a **drizzle of oil** and season with **salt** and **pepper**. Roast on upper oven rack until browned and tender, about 20 minutes total, stirring after 15 minutes.



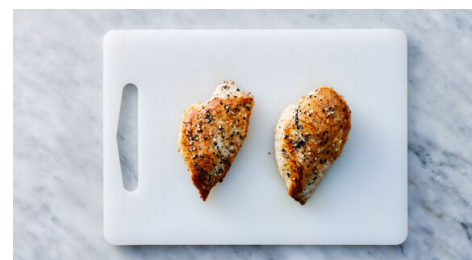
4. Season chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Season one side only of each chicken breast with **everything bagel seasoning**, pressing to help seasoning adhere.



2. Prep salad

Meanwhile, finely chop ½ **teaspoon garlic**. Trim **scallions**, then thinly slice, keeping dark greens separate. Trim stem end from **lettuce**, then halve lengthwise and cut into wedges.



5. Cook chicken

Heat 1 **tablespoon oil** in a medium skillet over medium. Add **chicken**, seasoned side down, and cook 4-5 minutes per side until browned all over and 165°F internally (reduce heat if browning too quickly). Transfer to a cutting board and let rest for 5 minutes.



3. Make sour cream dressing

In a small bowl, whisk to combine **all of the sour cream**, **chopped garlic**, **sliced scallion whites and light greens**, 1 **tablespoon oil**, ½ **teaspoon each of vinegar and sugar**, a **generous pinch of salt**, and **several grinds of pepper**. Stir in water, 1 tablespoon at a time as needed, to thin dressing.



6. Finish & serve

Serve **chicken** and **Brussels sprouts** with **wedge salad** alongside. Spoon **sour cream dressing** over **lettuce** and sprinkle **scallion dark greens** over top. Enjoy!