



## Peak Season! Honey Mustard Curry Chicken

with Roasted Brussels Sprouts



30-40min



2 Servings

Pan sauces are quick to throw together and turn the simplest of ingredients into an elegant meal. Here, we coat tender chicken breasts in a buttery sauce of honey, mustard, garlic, and curry powder. The bold flavors meld together to create a sweet, tangy, and gently spiced sauce that gets sopped up with steamy jasmine rice. Crispy roasted Brussels sprouts alongside make this dish perfect for any night of the week!



## What we send

- ½ lb Brussels sprouts
- 5 oz jasmine rice
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz honey
- ¼ oz curry powder
- garlic
- ¼ oz Dijon mustard

## What you need

- olive oil
- kosher salt & ground pepper
- unsalted butter <sup>1</sup>

## Tools

- rimmed baking sheet
- small saucepan
- microplane or grater
- medium skillet

## Cooking tip

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## Allergens

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

## Nutrition per serving

Calories 630kcal, Fat 15g, Carbs 75g, Protein 48g



### 1. Roast Brussels sprouts

Preheat oven to 450°F with a rack in the upper third. Trim **Brussels sprouts**, remove any tough outer leaves if necessary, then halve (or quarter, if large). Toss on a rimmed baking sheet with a **drizzle of oil**; season with **salt** and **pepper**. Roast on center oven rack until tender and charred in spots, 15-20 minutes.



### 4. Make curry sauce

To same skillet over medium heat, add **¾ cup water**, stirring to deglaze skillet. Stir in **garlic, honey, mustard**, and **1½ teaspoons curry powder** until combined. Simmer until slightly thickened and coats back of a spoon, 2-3 minutes. Off heat, stir in **1 tablespoon butter** until melted. Season to taste with **salt** and **pepper**. Return **chicken** to skillet; turn to coat in sauce.



### 2. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**, bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat. Keep covered until ready to serve.



### 5. Finish & serve

Fluff **rice** with a fork.

Serve **honey mustard curry chicken** over **rice** with **roasted Brussels sprouts** alongside. Spoon **remaining curry sauce** from skillet over top. Enjoy!



### 3. Cook chicken

Pat **chicken** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Transfer to a plate; return skillet to stove.

Finely grate **1 teaspoon garlic**.



### 6. Pro tip!

Roasting Brussels sprouts at high heat caramelizes their natural sugars and crisps them up!