



Easy Prep! Chutney-Glazed Chicken

with Curried Cauliflower



30-40min



2 Servings

The aromas of fresh ginger, curry spices, and roast chicken might smell complex, but this sheet pan supper is deceptively simple. We make a sweet and tangy apricot-ginger chutney that glazes chicken breast while it roasts alongside curried cauliflower and onions. The vegetables soften and caramelize while we whip up a garlicky cream sauce to drizzle all over this low-stress/high-flavor meal.

What we send

- 1 head cauliflower
- 1 yellow onion
- ¼ oz curry powder
- 1 oz fresh ginger
- 2 (½ oz) apricot preserves
- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 1 oz sour cream ⁷
- ¼ oz fresh cilantro

What you need

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

Tools

- rimmed baking sheet
- microplane or grater
- small skillet

Allergens

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

Nutrition per serving

Calories 470kcal, Fat 20g, Carbs 31g, Protein 46g



1. Prep veggies

Preheat oven to 450°F with a rack in the top position.

Trim stem ends from **cauliflower**, then cut crowns into florets. Halve and thinly slice **onion**. On a rimmed baking sheet, toss cauliflower and onions with **2 teaspoons curry powder** and **2 tablespoons oil**; season with **salt** and **pepper**. Roast on upper oven rack for 20 minutes.



4. Prep sauce & cilantro

Meanwhile, finely grate **½ teaspoon garlic** into a small bowl. Add **sour cream** and **2 teaspoons water**; whisk to combine and season to taste with **salt** and **pepper**.

Coarsely chop **cilantro**.



2. Make chutney

Finely grate **½ teaspoon ginger** into a small skillet. Stir in **all of the apricot preserves, 1 tablespoon each of vinegar and water**, and **½ teaspoon curry powder**; bring to a boil over medium heat. Reduce heat to low and gently simmer until thickened, 2-3 minutes. Season to taste with **salt** and **pepper**.

Transfer **half of the chutney** to a small bowl; set aside for serving.



5. Finish

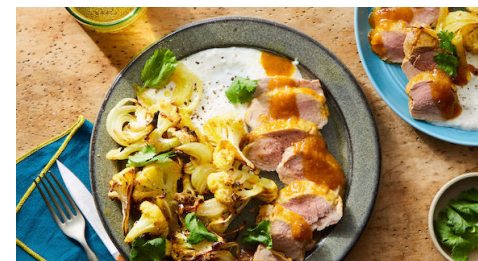
Serve **chicken** alongside **veggies** with **remaining chutney** spooned over top. Drizzle with **sour cream sauce** and sprinkle with **cilantro**.



3. Season chicken & roast

Pat **chicken** dry and season all over with **salt** and **pepper**. When **veggies** have roasted for 20 minutes, remove baking sheet from oven. Nestle chicken into veggies, then spread **remaining chutney** over the top of each piece.

Return to oven and continue to roast until chicken reaches 165°F internally and veggies are tender and well charred in spots, 15-20 minutes.



6. Serve

Enjoy!