

DINNERLY



Apricot-Mustard Glazed Chicken with Brussels Sprouts & Sweet Potatoes



35min



2 Servings

This is the kind of meal that knows how to keep it simple: lean chicken breast and veggies all roasted to perfection on one sheet pan. But a super easy apricot-mustard glaze takes it to the next level. Sweet and tangy and the exact opposite of boring. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- ½ lb Brussels sprouts
- 10 oz pkg boneless, skinless chicken breast
- 2 (½ oz) apricot preserves
- 1 oz whole-grain mustard

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 480kcal, Fat 16g, Carbs 47g, Protein 39g

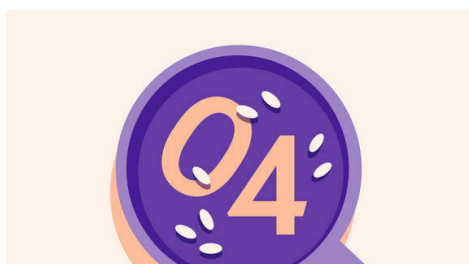


1. Prep ingredients

Preheat broiler with a rack in the upper third.

Halve **sweet potato** lengthwise, then cut into ¼-inch thick half moons. Trim ends from **Brussels sprouts**; remove any outer leaves, if necessary. Cut in half (or quarter, if large). Finely chop **2 teaspoons garlic**.

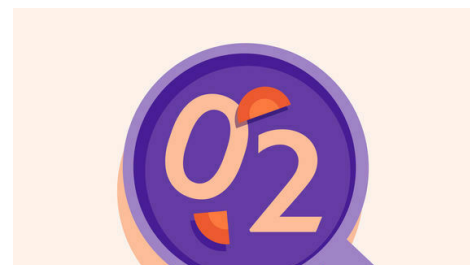
Pat **chicken** dry; brush with **oil** and season all over with **salt** and **pepper**.



4. Glaze chicken

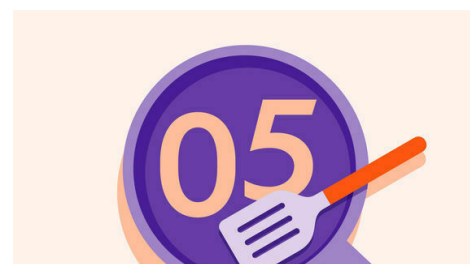
Remove baking sheet from oven. Flip **chicken** and carefully brush all over with **half of the apricot-mustard glaze**.

Return to upper oven rack; continue to roast until **sweet potatoes** are tender and browned in spots and chicken is cooked through, about 7 minutes more.



2. CHICKEN VARIATION

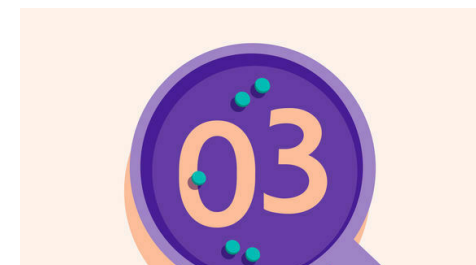
On a rimmed baking sheet, toss **sweet potatoes** with **1 tablespoon oil** and **half of the chopped garlic**. Season with **salt** and **pepper**; push to one side of sheet. On open side, toss **Brussels sprouts** with **1 tablespoon oil** and **remaining chopped garlic**; season with **salt** and **pepper**. Nestle **chicken** in center.



5. Finish & serve

Thinly slice **chicken**, if desired, then brush with **remaining apricot-mustard glaze**.

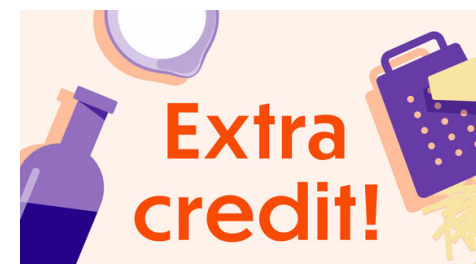
Serve **apricot-mustard glazed chicken** with **roasted sweet potatoes** and **Brussels sprouts** alongside. Enjoy!



3. Broil veggies & chicken

Broil **veggies and chicken** on upper oven rack until they just start to brown, about 7 minutes (watch closely as broilers vary).

Meanwhile, in a small bowl, stir to combine **all of the apricot preserves, mustard**, and **1 teaspoon water**.



6. Extra veggies!

Do you have extra veggies sitting in the fridge? Any veggie tastes great roasted, so cut up those carrots, slice up that squash, and add them to a second baking sheet. Drizzle with oil, season with salt and pepper, and broil on a second oven rack.