# MARLEY SPOON



## **Butterflied Chicken & Roasted Veggies**

with Savory Pan Sauce



30-40min 2 Servings

These chicken cutlets are what dreams are made of! We pound the butterflied (cut lengthwise and opened like a book) cutlets thin and sear them for a golden brown crust, all while sweet carrots, shallots, and Brussels sprouts brown in the oven. We top this bountiful plate with a savory pan sauce-it's hard to beat!

#### What we send

- 12 oz pkg boneless, skinless chicken breasts
- ½ lb Brussels sprouts
- 2 carrots
- 1 shallot
- 1/4 oz fresh parsley
- 1 pkt chicken broth concentrate

## What you need

- · olive oil
- kosher salt & ground pepper
- sugar
- apple cider vinegar (or white wine vinegar)
- butter <sup>7</sup>
- all-purpose flour (or glutenfree alternative)

#### **Tools**

- meat mallet (or heavy skillet)
- rimmed baking sheet
- large skillet

#### **Cooking tip**

Keep the butter cold until ready to whisk it into the pan sauce in step 6. This will guarantee a velvety sauce!

#### **Allergens**

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

#### **Nutrition per serving**

Calories 560kcal, Fat 27g, Carbs 39g, Protein 47g



## 1. Prep chicken

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

Pat **chicken** dry, then cut each piece of chicken lengthwise, stopping halfway through. Open up like a book and place between sheets of plastic wrap. Use a meat mallet or heavy skillet to pound each to until to an even 1/4-inch thickness.



## 2. Prep veggies

Trim and remove any outer leaves from **Brussels sprouts**, then halve lengthwise (or quarter, if large). Scrub **carrots**, then cut into ¼-inch thick slices on an angle. Finely chop **1½ tablespoons shallot**; quarter remaining shallot lengthwise. Finely chop **parsley leaves and stems**.



### 3. Roast veggies, prep broth

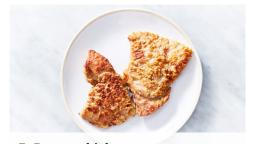
On a rimmed baking sheet, toss **Brussels** sprouts, carrots, quartered shallots, and 2 tablespoons oil; season with salt and pepper. Roast on upper oven rack until veggies are tender and browned in spots, 16–18 minutes. Add chopped parsley to baking sheet; stir to combine.

Whisk to combine **broth concentrate** and **% cup water** in a small bowl; set aside until step 6.



4. Season chicken

Meanwhile, place ¼ cup flour in a shallow bow; season with a pinch each of salt and pepper. Season each piece of chicken all over with salt and pepper, then dredge in flour, shaking off any excess.



5. Brown chicken

Heat **1 tablespoon oil** in a large skillet over medium-high until shimmering. Add **chicken**, and cook, turning once, until cooked through and browned on each side, 7-8 minutes total. Transfer chicken to a plate.



6. Make pan sauce & serve

Add chopped shallots and ½ teaspoon sugar to same skillet; cook until softened, 1-2 minutes. Add 2 tablespoons vinegar; cook, scraping up browned bits, 30 seconds. Add broth, and cook until reduced by half, about 6 minutes. Off heat, whisk in ½ tablespoon cold butter. Season to taste with salt and pepper. Spoon sauce over chicken and veggies. Enjoy!