

DINNERLY



Low-Cal Pan-Roasted Chicken with Scalloped Potatoes & Brussels Sprouts



20-30min



2 Servings

Most scalloped potato recipes mean at least an hour in the oven, but not ours! These spuds come together in about half the time, but with all that buttery flavor we love. Plus, the garlicky cream sauce can work double-time as a dressing for each bite of chicken. We've got you covered!

WHAT WE SEND

- 2 potatoes
- 2 (¾ oz) Parmesan ¹
- ½ lb Brussels sprouts
- 10 oz pkg boneless, skinless chicken breast
- 2 (1 oz) cream cheese ¹

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar)
- butter ¹

TOOLS

- microplane or grater
- 2 medium ovenproof skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 630kcal, Fat 27g, Carbs 52g, Protein 48g

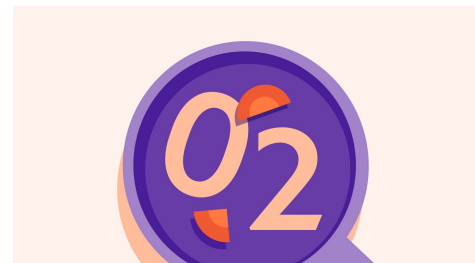


1. Prep ingredients

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

Peel **potatoes** and cut into ¼-inch thick rounds. Finely chop **1 teaspoon garlic**. Finely grate **all of the Parmesan**, if necessary. Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large).

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



2. Make cream sauce

In a medium ovenproof skillet over medium-high, whisk together **all of the cream cheese** and **1 cup water** until cream cheese is melted, 1–2 minutes. Season to taste with **salt** and **pepper**.



3. Cook potatoes

Add **potatoes** and **chopped garlic** to skillet with **cream sauce**, shaking to distribute potatoes into an even layer (potatoes won't be completely submerged); bring to a boil. Reduce heat to medium, cover, and cook until sauce thickens slightly, about 5 minutes. Uncover and top potatoes with **Parmesan**. Bake on upper oven rack until potatoes are tender and browned on top, 20–25 minutes.



4. BRUSSELS VARIATION

Meanwhile, heat **1 tablespoon oil** in a second medium skillet over medium-high. Add **chicken** and **Brussels**; cook until browned on the bottom, about 3 minutes. Flip chicken, stir Brussels and add **1 tablespoon water**; season with **salt** and **pepper**. Cover and cook until chicken is cooked through and Brussels are tender, 2–3 minutes. Transfer to plates; cover to keep warm.



5. Make pan sauce & serve

To same skillet, add **2 tablespoons vinegar** and **¼ cup water**; simmer over medium-high, scraping up any browned bits from the bottom, until reduced to about 2 tablespoons, about 2 minutes. Remove from heat and stir in **1 tablespoon butter**; season with **salt** and **pepper**.

Serve **chicken** with **Brussels** and **scalloped potatoes** alongside. Drizzle **pan sauce** over top. Enjoy!



6. Take it to the next level

Add chopped fresh thyme leaves or rosemary to the sauce in step 2 to bring an herby kick to the potatoes.