

DINNERLY



Chicken with Sticky BBQ Brussels & Mushrooms

over Cheddar Grits with a Fried Egg



20-30min



2 Servings

Thinking Brussels sprouts are "gross" is so yesterday. Now that we're Adults™, we can't get enough of these roasted, caramelized sprouts slathered in sticky-sweet barbeque sauce. Oh, and did we mention the mushrooms? And the seared chicken breast? How about the creamy cheddar grits and crispy fried egg? Even the pickiest veggie-hater can't resist a meal like this. We've got you covered! **237**

WHAT WE SEND

- 2 scallions
- ½ lb Brussels sprouts
- 4 oz mushrooms
- 3 oz grits
- 2 oz shredded cheddar-jack blend ⁷
- 4 oz barbecue sauce
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper
- butter ⁷
- 2 large eggs ³

TOOLS

- rimmed baking sheet
- medium saucepan
- medium nonstick skillet

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 910kcal, Fat 48g, Carbs 73g, Protein 56g



1. Prep ingredients

Preheat oven to 500°F with racks in the upper and lower thirds. Line a rimmed baking sheet with aluminum foil.

Trim ends from **scallions**, then thinly slice, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Trim **Brussels sprouts**, remove any outer leaves if necessary, then halve (or quarter if large). Trim stem ends from **mushrooms**, then thinly slice caps.



2. Roast vegetables

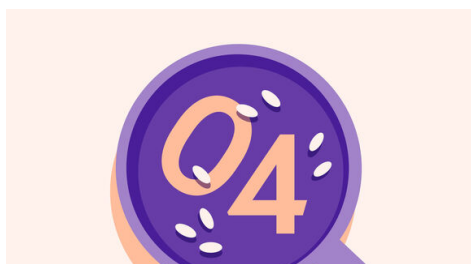
Transfer **Brussels sprouts** to foil-lined baking sheet and toss with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until lightly browned, about 5 minutes.

Season **mushrooms** with **salt** and **pepper**, transfer to same baking sheet, and carefully toss with Brussels sprouts. Roast on lower rack until veggies are well browned, 5–7 minutes more.



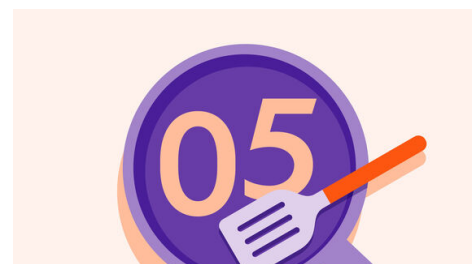
3. Cook grits

Melt **1 tablespoon butter** in a medium saucepan over medium heat. Add **sliced scallion whites** and **chopped garlic**; cook, stirring occasionally, until aromatics are softened and fragrant, 1–2 minutes. Add **2¼ cups water** and **1 teaspoon salt**; bring to a boil. Gradually whisk in **grits**. Cover and cook over medium-low, whisking occasionally, until tender and thick, 8–10 minutes.



4. CHICKEN VARIATION

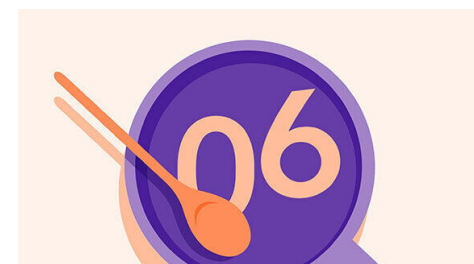
Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes. Wipe out skillet and reserve for step 6.



5. Finish grits & vegetables

To saucepan with **grits**, whisk in **cheese** and **2 tablespoons butter** until smooth. Remove from heat and season to taste with **salt** and **pepper**. Keep covered until ready to serve.

Toss **roasted veggies** with **half of the barbecue sauce**; continue roasting on upper rack until sauce is caramelized, 3–5 minutes. Remove from oven, toss with remaining barbecue sauce, and set aside.



6. Fry eggs & serve

Heat **1 tablespoon oil** in reserved skillet over high until shimmering. Crack **2 eggs** into skillet; cook until whites are set and yolks still runny, 2–3 minutes. Season with **salt** and **pepper**. If **grits** are too thick, loosen by stirring in **¼–½ cup water**.

Thinly slice **chicken**. Serve **grits** topped with **chicken, vegetables, fried eggs**, and **scallion dark greens**. Enjoy!