



Chicken with Honey-Garlic Pan Sauce

Potatoes & Brussels Sprouts



ca. 20min



2 Servings

This bistro-style meal is made for busy nights thanks to our easy potato hack and a quick and elegant pan sauce. We pre-cook potatoes in the microwave and broil them with Brussels sprouts until golden brown, then toss in ranch seasoning. Sweet honey and punchy garlic come together to make a deeply flavorful pan sauce. We sprinkle fresh green parsley on top, and voilà!

What we send

- 2 potatoes
- ½ lb Brussels sprouts
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz honey
- ¼ oz fresh parsley
- ¼ oz ranch seasoning ¹

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- all-purpose flour (or gluten-free alternative)
- red wine vinegar (or white wine vinegar)

Tools

- microwave
- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 790kcal, Fat 42g, Carbs 61g, Protein 48g



1. Prep potatoes

Preheat broiler with rack in upper third. Scrub **potatoes**, then cut into 1-inch pieces. Place in a medium microwave-safe bowl; cover with a damp paper towel. Microwave until just tender, about 5 minutes. Transfer potatoes to a rimmed baking sheet and toss with **2 tablespoons oil** and **a pinch each of salt and pepper**. Broil on top rack until lightly browned, about 4 minutes (watch closely).



2. Broil Brussels sprouts

Meanwhile, halve or quarter **Brussels sprouts** (depending on size). Finely chop **2 teaspoons garlic**. Add Brussels sprouts to rimmed baking sheet with **potatoes**; toss with **1 tablespoon oil** and **a pinch each of salt and pepper**. Return to top rack and broil until potatoes and Brussels are browned and tender, flipping vegetables halfway through, 8-10 minutes total (watch closely).



3. Cook chicken

Meanwhile, pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate.



4. Start pan sauce

Reduce skillet heat to medium. Add **garlic**, **1 tablespoon butter**, and **½ teaspoon flour**. Cook, stirring, until butter is melted and garlic is fragrant, about 30 seconds. Add **¼ cup water** and bring to a simmer, stirring and scraping up bits from the bottom of skillet.



5. Finish pan sauce

Stir in **honey** and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**. Reduce heat to medium-low. Return **chicken and any juices** to skillet. Simmer chicken in pan sauce to warm through, about 1 minute.



6. Finish & serve

Coarsely chop **parsley leaves and stems**. Toss **potatoes and Brussels sprouts** with **ranch seasoning** and **1 tablespoon butter** directly on baking sheet until butter is melted and veggies are nicely coated. Transfer **veggies** to plates alongside **chicken**. Spoon **pan sauce** over **the chicken** and garnish with **parsley**. Enjoy!