



Garlic-Herb Chicken & Sweet Potatoes

with Roasted Broccoli



30-40min



2 Servings

Simple doesn't have to mean boring, especially when it comes to a weeknight meal. Take this dish for example. Its simplicity is key, made of chicken, sweet potatoes, and broccoli, but the flavor is elevated thanks to the Italian seasoning and garlic for a comfortable bite you won't be able to resist.

What we send

- 1 sweet potato
- garlic
- ¼ oz Italian seasoning
- ½ lb broccoli
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz honey
- 2 pkts Dijon mustard ¹⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 610kcal, Fat 31g, Carbs 44g, Protein 45g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Roast potatoes

Preheat oven to 450°F with a rack in the center. Scrub **sweet potatoes**, then cut lengthwise into 1-inch thick wedges. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until lightly browned underneath, about 15 minutes.



4. Roast broccoli

Flip **sweet potatoes** and push to one side of the baking sheet. On other side of baking sheet, carefully toss broccoli with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack until **broccoli** is tender and browned in spots, and potatoes are tender and browned, 8-10 minutes (watch closely as ovens vary).



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Finely grate **all of the lemon zest** into a medium bowl, then add **chopped garlic**, **½ teaspoon Italian seasoning**, **3 tablespoons oil**, **¾ teaspoon salt**, and **a few grinds of pepper**.



5. Cook chicken

Scrape and discard marinade from **chicken**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken; cook, turning once, until browned and cooked through, 3-4 minutes per side. Squeeze **1 tablespoon lemon juice** into a small bowl; whisk in **honey**, **1½ tablespoons water**, and **2 teaspoons Dijon mustard**; season with **salt** and **pepper**. Cut any lemon into wedges.



3. Marinate chicken

Transfer **half of the garlic-herb oil** to a small bowl; reserve for step 6. Pat **chicken** dry and pound to an even ½-inch thickness, if necessary. Add chicken to bowl with **remaining garlic-herb oil**, tossing to coat. Let chicken marinate until step 5.



6. Finish & serve

Remove skillet from heat; carefully add **potatoes**. Pour **honey-Dijon dressing** over **chicken and sweet potatoes**, tossing to coat. Drizzle **reserved garlic-herb oil** over potatoes. Serve **chicken and potatoes** with **broccoli** alongside, and with **any lemon wedges** for squeezing over top. Enjoy!