



## Berbere Roast Chicken Breast

with Honey Butter-Glazed Squash



30-40min



2 Servings

Berbere is a lively mix of ground herbs and spices like chili peppers, garlic, ginger, nigella, and fenugreek. It is a key ingredient in Ethiopian and Eritrean cuisines, but we like to use this aromatic blend in all kinds of meat and veggie dishes. Here, we use it to add a warming heat to roasted chicken breast. Sweet honey butter-glazed butternut squash and tender Swiss chard are the perfect sides to balance the heat.



## What we send

- ¼ oz berbere spice blend
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz fresh ginger
- garlic
- 1 jalapeño chile
- 1 bunch Swiss chard
- ½ lb butternut squash
- 2 (½ oz) honey

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>

## Tools

- rimmed baking sheet
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 640kcal, Fat 39g, Carbs 33g, Protein 42g



## THIS IS A CUSTOMIZED RECIPE STEP

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

### 1. Marinate chicken

Preheat oven to 450°F with a rack in the upper third. In a medium bowl, combine **1 tablespoon oil**, **2¼ teaspoons berbere spice**, and **a generous pinch of salt**. Pat **chicken** dry, then add to marinade, rubbing all over to coat. Set aside until step 4.



### 4. Sear & roast chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and sear until well browned, 2-3 minutes per side. Transfer chicken to baking sheet with **squash**. Roast on upper oven rack until squash is well browned and chicken is cooked through and reaches an internal temperature of 165°F, about 10 minutes. Wipe out skillet and return to stovetop.



### 2. Prep ingredients

Finely chop **2 teaspoons each of peeled ginger and garlic**. Finely chop **1 tablespoon jalapeño** (or more, or less depending on heat preference). Remove **Swiss chard leaves** from tough stems; discard stems. Cut leaves into 1-inch wide ribbons. Cut **butternut squash** into ½-inch pieces.



### 5. Cook Swiss chard

Heat **1 tablespoon oil** and **1 teaspoon of the chopped garlic** in same skillet over medium-high until fragrant, about 1 minute. Add **Swiss chard leaves** in handfuls, stirring after each addition, until tender, 3-5 minutes. Season to taste with **salt** and **pepper**. Transfer to a bowl and cover to keep warm. Wipe out skillet.



### 3. Roast butternut squash

On a rimmed baking sheet, toss **squash** with **1 tablespoon oil** and **a generous pinch of each salt and pepper**. Roast on upper oven rack until squash are tender and lightly browned, about 12 minutes. Remove from oven and use a spatula to flip squash.



### 6. Glaze squash & serve

Heat **2 teaspoons oil** in same skillet over medium-high. Add **chopped jalapeños, ginger, and remaining garlic**; cook until lightly browned, 1-2 minutes. Add **honey** and **2 tablespoons butter**. Simmer, stirring, until butter is melted and sauce is smooth. Stir in **squash**; season to taste with **salt**. Thinly slice **chicken** and serve with **glazed squash** and **Swiss chard**. Enjoy!