



## Butterflied Chicken & Apple Pan Sauce

with Maple Roasted Veggies



30-40min



2 Servings

For this cold weather inspired dinner, we pair chicken breast with apple pan sauce and roasted veggies. Cut down the cooking time by butterflying the chicken, the technique of splitting meat in half horizontally and open it up like a book. This helps the chicken cook more evenly and provides more surface area for seasoning and browning.



## What we send

- 12 oz pkg boneless, skinless chicken breasts
- 1 sweet potato
- ½ lb Brussels sprouts
- 1 apple
- ¼ oz fresh thyme
- 1 oz maple syrup
- 1 pkt turkey broth concentrate
- 1 oz whole-grain mustard <sup>17</sup>

## What you need

- neutral oil
- kosher salt & ground pepper
- ¼ c all-purpose flour <sup>1</sup>
- unsalted butter <sup>7</sup>
- apple cider vinegar (or white wine vinegar)

## Tools

- meat mallet (or heavy skillet)
- rimmed baking sheet
- medium skillet

## Allergens

Wheat (1), Milk (7), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 32g, Carbs 62g, Protein 44g



## THIS IS A CUSTOMIZED RECIPE STEP

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

### 1. Butterfly chicken

Preheat oven to 450°F with racks in the lower and upper thirds. Pat **chicken** dry, then use a sharp knife to cut chicken horizontally (parallel to cutting board), stopping knife just before cutting through. Open like a book and use a meat mallet (or heavy skillet) to pound to an even ¼-inch thickness.



### 4. Finish vegetables

Carefully flip **sweet potatoes**, then brush with **1 tablespoon maple syrup**, and sprinkle with **1 teaspoon of the chopped thyme**. Transfer to upper oven rack and roast until **Brussels sprouts** are deeply browned and sweet potatoes are caramelized, 3-5 minutes more. Remove from oven and set aside until ready to serve.



### 2. Prep ingredients

Scrub **sweet potato**, then slice into ½-inch thick rounds. Trim **Brussels sprouts**, remove any outer leaves if necessary, then halve lengthwise (or quarter if large). Quarter **apple**; discard core. Cut 2 quarters crosswise into ¼-inch thick slices (save remaining apple for own use). Pick and finely chop **2 teaspoons thyme leaves**; discard stems.



### 5. Cook butterflied chicken

Meanwhile, place **¼ cup flour** in a shallow bowl. Season each piece of **chicken** all over with **salt** and **pepper**, then dredge in **flour**, shaking off any excess. Heat **2 tablespoons oil** in a medium skillet over high until shimmering. Add chicken, in batches if necessary; cook, turning once, until cooked through and browned on both sides, 7-9 minutes total. Transfer to a plate.



### 3. Roast vegetables

Line a rimmed baking sheet with aluminum foil. Transfer **sweet potatoes** and **Brussels sprouts** to prepared baking sheet; toss with **1 tablespoon oil** and season with **salt** and **pepper**. Position Brussels sprouts cut side down. Roast on lower oven rack until Brussels sprouts are lightly browned and underside of sweet potatoes are golden brown, about 10 minutes.



### 6. Make pan sauce & serve

Add **sliced apples** and **1 tablespoon butter** to same skillet; cook until softened, 2 minutes. Add **broth concentrate**, **½ cup water**, **2 teaspoons mustard**, and **1 teaspoon maple syrup**. Cook until reduced by ½, 5-6 minutes. Off heat, whisk in **1 tablespoon butter**, **¼ teaspoon vinegar**, and **remaining thyme**; season to taste. Spoon **sauce** over **chicken**. Serve with **veggies**. Enjoy!