

# DINNERLY



## Mustard & Scallion Crusted Chicken with Sautéed Brussels Sprouts



20-30min



2 Servings

Winner winner one-skillet chicken dinner! Chicken breasts are slathered with tangy Dijon mustard and a coating of crispy panko breadcrumbs, then roasted on a bed of tender Brussels sprouts. The veggies get a serious flavor boost from the chicken by cooking in the same skillet. And you get a delicious, easy to clean-up, even easier to devour dinner. Truly a win-win. We've got you covered!

### WHAT WE SEND

- 2 scallions
- ½ lb Brussels sprouts
- 1 oz panko<sup>1</sup>
- 10 oz pkg boneless, skinless chicken breast
- 2 (¼ oz) Dijon mustard

### WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

### TOOLS

- medium ovenproof skillet

### ALLERGENS

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

### NUTRITION PER SERVING

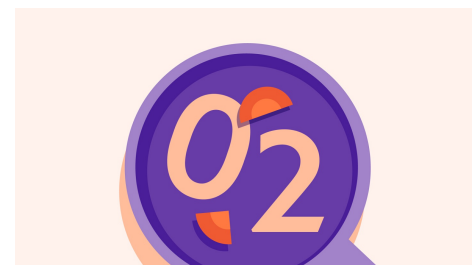
Calories 380kcal, Fat 18g, Carbs 20g, Protein 38g



#### 1. Prep ingredients

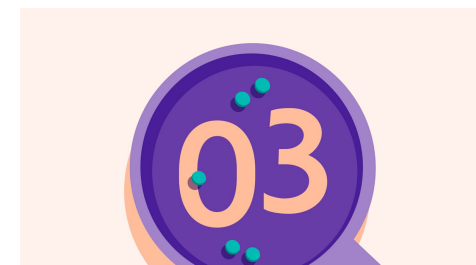
Preheat oven to 450°F with a rack in the center.

Trim ends from **scallions**, then finely chop. Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Finely chop 1 **teaspoon garlic**.



#### 2. Toast panko

Heat 1 **tablespoon oil** in a medium ovenproof skillet over medium-high. Add **panko** and cook, stirring, until golden brown, 1–3 minutes. Transfer to a bowl and season with ¼ **teaspoon salt** and a few **grinds pepper**. Wipe out and reserve skillet.



#### 3. Bread chicken

Pat **chicken** dry and season all over with **salt** and **pepper**.

In a small bowl, combine **mustard**, 1 **tablespoon of the scallions**, and ½ **teaspoon oil**. Spread over 1 side of each chicken breast. Evenly sprinkle **panko** over top and lightly press to adhere.



#### 4. BRUSSELS SPROUT VARIATION

Heat 1 **tablespoon oil** in reserved skillet over high. Add **Brussels sprouts** and cook, stirring, until crisp-tender and browned in spots, about 3 minutes. Off heat, stir in **chopped garlic** and **half of the remaining scallions**; season with ½ **teaspoon salt** and a few **grinds of pepper**.



#### 5. Roast chicken & serve

Place **chicken** on top of **Brussels sprouts**. Roast on center oven rack until chicken is cooked through, 12–15 minutes.

Serve **chicken** and **Brussels sprouts** topped with **remaining scallions** and a **drizzle of oil**. Enjoy!



#### 6. Take it to the next level

Garlicky sautéed greens, like chopped kale, Swiss chard, or spinach would be a perfect accompaniment. Squeeze a bit of lemon juice over top for a bright finish before serving.