

# DINNERLY



## Fall Vibes! Maple Glazed Chicken with Roasted Squash & Kale Salad

 1h  2 Servings

We're FALL-ing in love with the seasonal flavors bursting on this plate! Peak season roasted squash is the star of the show here, but the hearty kale and maple glazed chicken breast ain't too shabby either. We've got you covered!



## WHAT WE SEND

- 1 baby squash
- 1 bunch Tuscan kale
- 1 oz pecans <sup>2</sup>
- 2 (¼ oz) Dijon mustard
- 2 (1 oz) maple syrup
- ¼ oz fresh sage
- 10 oz pkg boneless, skinless chicken breast
- ½ oz tamari soy sauce <sup>1</sup>

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

## TOOLS

- rimmed baking sheet
- parchment paper
- medium skillet

## COOKING TIP

It's peak season for squash, which means they're at their most delicious!

## ALLERGENS

Soy (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

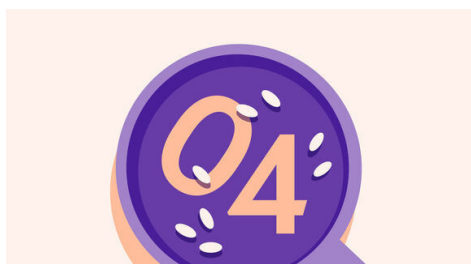
Calories 700kcal, Fat 41g, Carbs 48g, Protein 41g



### 1. Roast squash

Preheat oven to 425°F with a rack in the center position. Line a baking sheet with parchment paper. Peel **squash**, cut in half lengthwise and remove seeds; cut into 1-inch pieces.

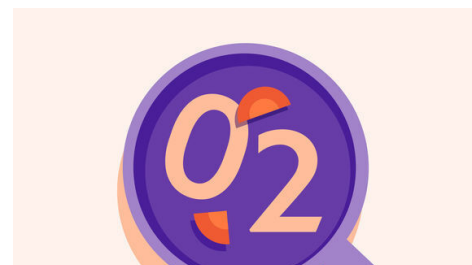
In a large bowl, toss **squash** with 1 **tablespoon oil**; season with **salt** and **pepper**. Transfer to prepared baking sheet and roast on center rack until browned and tender, 30–35 minutes. Reserve bowl.



### 4. Cook chicken

Once roasted, transfer **vegetables** to reserved bowl. Add **dressing** and mix well. Set aside until ready to serve.

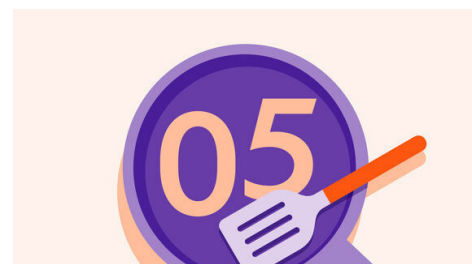
Meanwhile, pick and finely chop ½ **teaspoon sage leaves**. Pat **chicken** dry; season all over with **salt** and **pepper**. Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 3–4 minutes per side.



### 2. Prep kale

Meanwhile, strip **kale leaves** from tough stems. Discard stems and roughly tear leaves into large pieces. In reserved bowl, toss kale with 1 **tablespoon oil**; season with **salt** and **pepper**. Massage kale until well coated in oil.

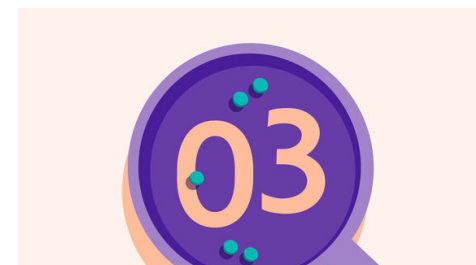
Once **squash** is roasted, add **kale** and **pecans** to baking sheet; carefully toss to combine then spread in an even layer. Reserve bowl for step 4.



### 5. Glaze chicken; serve

Transfer **chicken** to a plate. Add **tamari**, **chopped sage**, **remaining maple syrup** and **mustard**, and ½ **teaspoon vinegar** to skillet. Cook over medium heat, scraping up any browned bits with a wooden spoon, until thick and syrupy, 2–3 minutes. Remove from heat, add chicken to **glaze**, and turn until well coated.

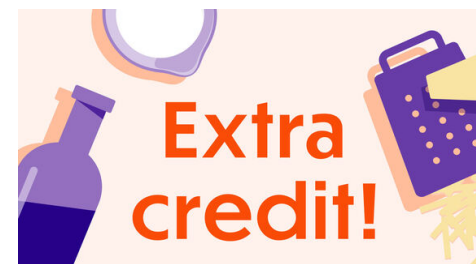
Serve **chicken** with **squash and kale salad**. Enjoy!



### 3. Roast kale; make dressing

Continue roasting **vegetables** until **kale** is wilted and crisp in some spots and pecans are toasted, stirring halfway through, 10–12 minutes.

While vegetables are roasting, in a small bowl, whisk together **half of the mustard**, 1 **tablespoon maple syrup**, and ½ **tablespoon vinegar**. Gradually whisk in 2 **tablespoons oil**; season to taste with **salt** and **pepper**.



### 6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.