

MARLEY SPOON



BBQ-Rubbed Chicken Breast

with Fall Veggies & Creamy Herb Sauce



30-40min



2 Servings

A zesty barbecue spice blend makes the perfect coating for tender and lean chicken breasts. We serve the chicken with a cooling, herby sour cream sauce, and roast a couple of hearty seasonal vegetables—butternut squash and Brussels sprouts—until they develop an irresistible caramelized exterior.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz BBQ spice blend
- 1 red onion
- ½ lb Brussels sprouts
- ½ lb butternut squash
- garlic
- ¼ oz fresh parsley
- 2 (1 oz) sour cream ¹

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹
- apple cider vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- medium ovenproof skillet

Cooking tip

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

Allergens

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

Nutrition per serving

Calories 650kcal, Fat 38g, Carbs 37g, Protein 47g



THIS IS A CUSTOMIZED RECIPE STEP

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

1. Season chicken

Preheat oven to 450°F with racks in the upper and lower thirds. Pat **chicken** dry, then rub with **1 teaspoon of the barbecue spice blend**. Season with **salt** and **pepper**.



4. Cook chicken

Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken**; sear until browned on one side, 2-3 minutes. Flip chicken, then transfer skillet to the top oven rack and roast until cooked through and 165°F internally, 8-10 minutes. Transfer to a cutting board and let rest for 5 minutes.



2. Roast vegetables

Halve, peel, and cut **all of the onion** into ½-inch wedges through the root. Trim **Brussels sprouts**; cut in half through the stem end (or quarter, if large). Cut **squash** into 1-inch cubes, if necessary. Transfer vegetables to a rimmed baking sheet, and toss with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on lower rack until tender and browned in spots, 18-20 minutes.



3. Add garlic

Peel and finely chop **1 teaspoon garlic**. Transfer **½ teaspoon of the chopped garlic** to baking sheet, and stir to combine. Return to oven and roast until fragrant, about 2 minutes. Remove from oven and toss vegetables with **1 tablespoon butter** and **1 teaspoon vinegar**. Cover to keep warm.



5. Season sauce

Finely chop **parsley leaves and stems** together. In a small bowl, stir to combine parsley, **remaining chopped garlic**, **sour cream**, and **1 tablespoon each oil** and **water**. Season to taste with **salt** and **pepper**.



6. Finish & serve

Thinly slice **chicken** and serve with **vegetables** and **creamy herb sauce** alongside. Enjoy!