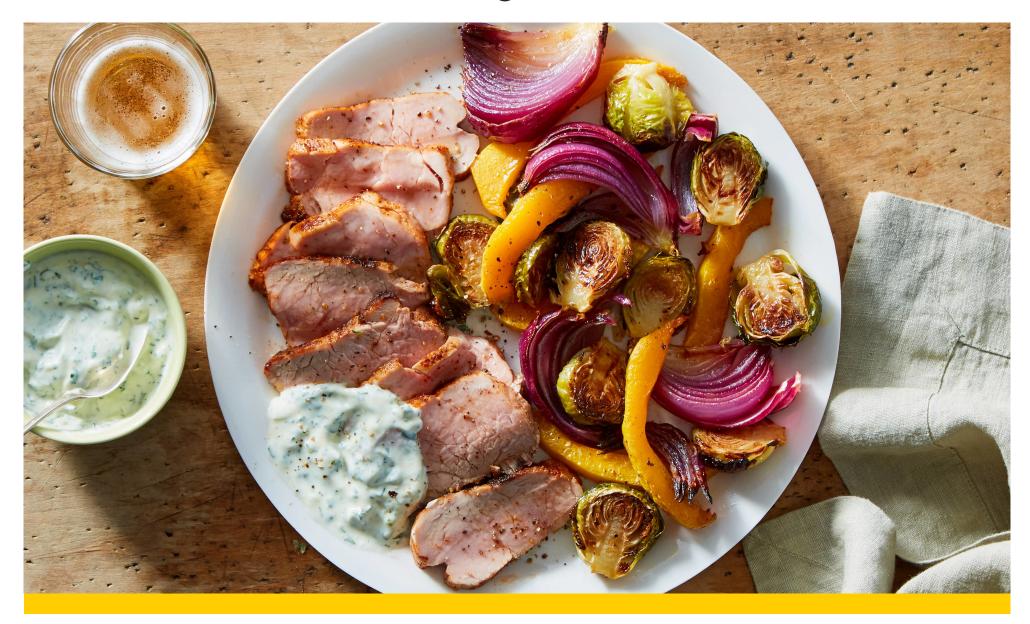
# MARLEY SPOON



# **BBQ-Rubbed Chicken Breast**

with Fall Veggies & Creamy Herb Sauce





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
- 1/4 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



#### 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**.



## 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.



#### 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.



#### 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!