

DINNERLY



Cajun BBQ Chicken with Roasted Brussels Sprouts & Garlic Rice



30min



2 Servings

This year's hottest couple? Cajun spice and barbeque sauce. The perfect duo makes tender chicken breast the star of this show, but caramelized Brussels sprouts and garlic rice make a great supporting cast. Whip this up for dinner and you just might get your big break! We've got you covered!

WHAT WE SEND

- 12 oz cauliflower rice
- ½ lb Brussels sprouts
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz Cajun seasoning
- 2 oz barbecue sauce

WHAT YOU NEED

- garlic
- butter ¹
- kosher salt & ground pepper
- neutral oil

TOOLS

- rimmed baking sheet
- aluminium foil
- small saucepan

COOKING TIP

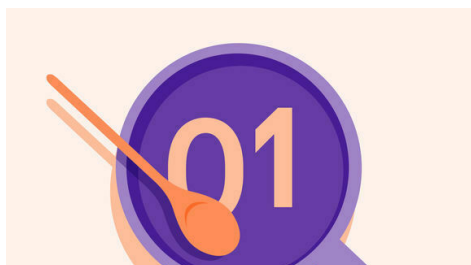
Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

ALLERGENS

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

NUTRITION PER SERVING

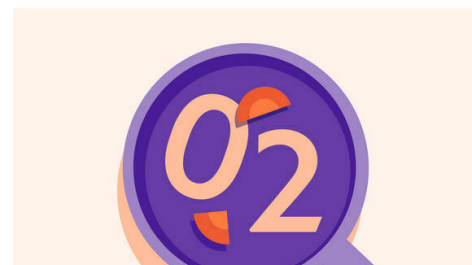
Calories 740kcal, Fat 28g, Carbs 82g, Protein 42g



1. Start garlic rice

Preheat broiler with a rack in the top position. Line a rimmed baking sheet with aluminum foil.

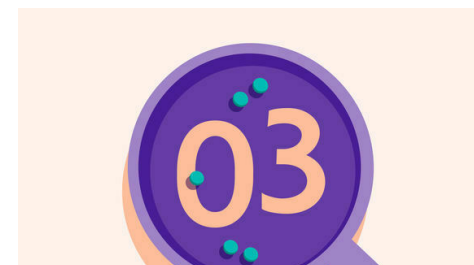
Finely chop **2 teaspoons garlic**. In a small saucepan, melt **2 tablespoons butter** over medium heat. Add chopped garlic; cook, stirring, until light golden-brown, 1–3 minutes. Add **rice**; cook, stirring frequently, until toasted, 2–3 minutes. Add **1¼ cups water** and **½ teaspoon salt**.



2. Cook rice & prep Brussels

Bring saucepan with **rice** to a boil over high heat; cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.

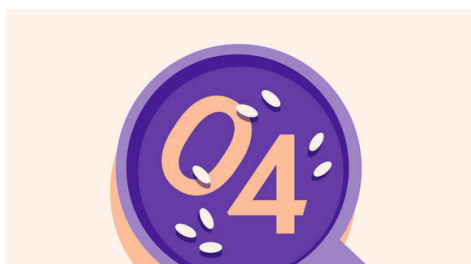
Meanwhile, trim **Brussels sprouts** and remove any outer leaves if necessary; cut in half (or quarter if large). On prepared baking sheet, toss with **1 tablespoon oil** and season with **salt** and **pepper**.



3. Season chicken

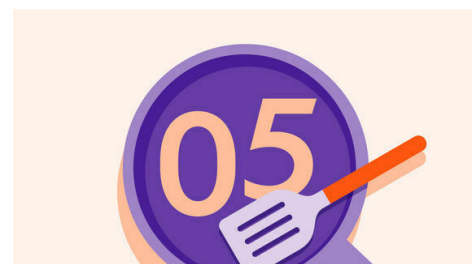
Spread **Brussels** to outer edges of baking sheet, cut-side up. Pat **chicken** dry; place in the center of baking sheet. Rub with **1 tablespoon oil**, then season all over with **salt**, **pepper**, and **2 teaspoons Cajun seasoning** (or less depending on heat preference).

In a small bowl, stir to combine **barbecue sauce** and **1 teaspoon Cajun seasoning**.



4. Broil chicken & Brussels

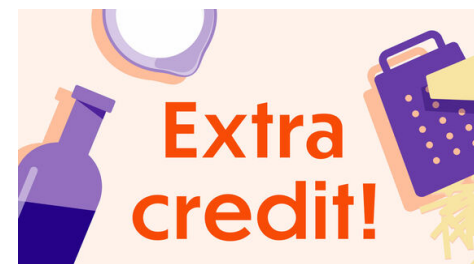
Broil **chicken** and **Brussels** on top oven rack until Brussels are well browned and tender, and chicken is browned and nearly cooked through, 3–5 minutes (watch closely as broilers vary). Remove from oven and brush tops of chicken with **½ tablespoon of the barbecue sauce**. Broil until sauce is caramelized and chicken is cooked through (165°F internally), 1–2 minutes more (see cooking tip!).



5. Finish & serve

Place **chicken** on a cutting board to rest for 5 minutes; thinly slice, if desired. To bowl with **remaining barbecue sauce**, stir in **2 teaspoons water**. Fluff **rice** with a fork.

Serve **Cajun BBQ chicken** with **Brussels sprouts** and **garlic rice** alongside. Serve **remaining barbecue sauce** on the side for dipping. Enjoy!



6. Veggie load!

Have extra veggies sitting in the fridge? Any veggie tastes great roasted, so cut up those carrots, slice up that squash, and add them with the Brussels in step 2.