

# DINNERLY



## Chicken & Brussels Sprouts with Carrots & Honey-Mustard



20-30min



2 Servings

All vegetables deserve a little love—including (maybe especially?) Brussels sprouts. Shake off any preconceived notions about these delicious little cabbages, which have had a bad rap for too long. When they're roasted until crisp and caramelized (as they are here, with carrots), the sprouts are simply out of this world. And, they help this simple chicken dinner shine even brighter. We've got you covered!

### WHAT WE SEND

- 1 lb pkg chicken drumsticks
- 1 carrot
- ½ lb Brussels sprouts
- ¼ oz pkt Dijon mustard <sup>17</sup>
- ½ oz pkt honey

### WHAT YOU NEED

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

### TOOLS

- rimmed baking sheet

### ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 690kcal, Fat 45g, Carbs 22g, Protein 48g



#### 1. Prep chicken

Preheat oven to 425°F with a rack in the upper third. Pat **chicken** dry. Using a sharp knife, make 2 cuts into thickest part of each drumstick, slicing to the bone. On a rimmed baking sheet, toss chicken with 2 **teaspoons oil, salt, and pepper**. Roast on upper rack until partially cooked, but not browned, about 8 minutes.



#### 2. Prep veggies

Meanwhile, scrub **carrots** (no need to peel). Trim ends and halve lengthwise, if thick; cut into ¾-inch pieces. Trim stems ends from **Brussels sprouts**, then halve lengthwise. In a medium bowl, toss veggies with 1 **tablespoon oil, salt, and pepper**.



#### 3. Roast veggies

After **chicken** has cooked for about 8 minutes, add **Brussels sprouts** and **carrots** to baking sheet with chicken (save bowl for next step). Bake on upper oven rack until chicken is cooked through and veggies are tender, about 20 minutes.



#### 4. Make honey-mustard

As **chicken** and **veggies** roast, whisk together **mustard, honey, 1 tablespoon vinegar**, and 2 **tablespoons oil** in reserved bowl until smooth; season with **salt and pepper**.



#### 5. Finish & serve

Remove baking sheet from oven. Switch oven to broil. Spoon 2 **tablespoons of the honey-mustard** over **drumsticks**. Return baking sheet to upper oven rack and broil until drumsticks are lightly browned, 1–2 minutes (watch closely). Serve **chicken** with **veggies** alongside, spooning **remaining honey-mustard** over top. Enjoy!



#### 6. Spice it up!

For a sweet and spicy kick, add a pinch of cayenne to the honey-mustard glaze in step 4.