

DINNERLY



Honey-Chipotle Brussels Sprouts Tacos:

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Even the pickiest eaters and Brussels sprouts skeptics won't be able to resist them in taco form! Sweet and spicy veg-forward tacos will be on your regular rotation from now on. We've got you covered!

WHAT WE SEND

- 1 lb Brussels sprouts
- 1 medium red onion
- ½ oz honey
- 1 oz chipotle chiles in adobo sauce ¹⁷
- 2 (1 oz) sour cream ⁷
- ¼ oz fresh cilantro
- 6 (6-inch) flour tortillas ^{1,6}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet

COOKING TIP

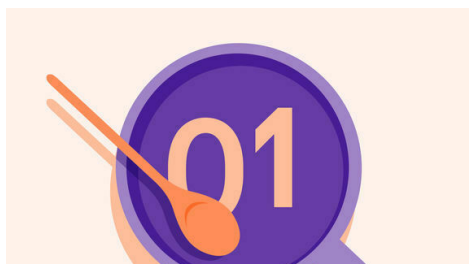
If you don't have a microwave for step 3, heat the tortillas in a skillet on the stovetop until warm and lightly golden, about 30 seconds per side.

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 550kcal, Fat 26g, Carbs 69g, Protein 15g

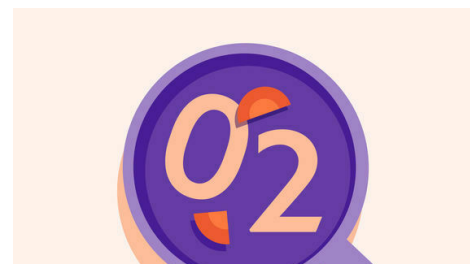


1. Roast sprouts & onion

Preheat oven to 450°F with a rack in the upper third.

Trim **Brussels sprouts**; remove any tough outer leaves, then halve (or quarter, if large). Halve **onion** lengthwise; cut lengthwise into ½-inch slices.

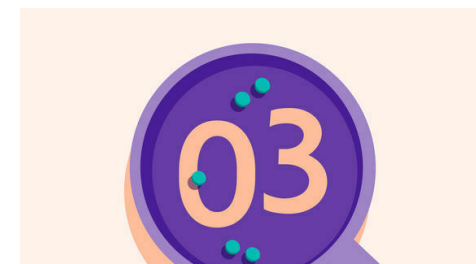
On a rimmed baking sheet, toss veggies with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on upper oven rack until tender and charred in spots, 20–25 minutes.



2. Prep glaze & crema

While **veggies** roast, in a small bowl, stir together **honey** and **2 teaspoons chipotle chiles** (use more or less depending on heat preference).

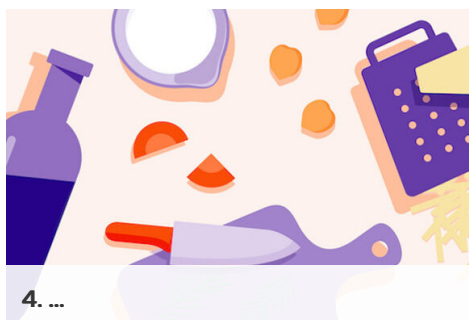
In a separate small bowl, thin **all of the sour cream** with **1 teaspoon water** at a time, as needed, until it drizzles from a spoon; season to taste with **salt** and **pepper**.



3. Finish & serve

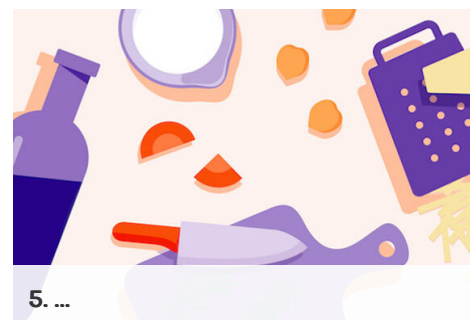
Pick **cilantro leaves** from stems; discard stems. Wrap **tortillas** in a damp paper towel; microwave in 30-second increments until warmed through (see cooking tip). Toss **Brussels sprouts and onions** with **honey-chipotle glaze** directly on baking sheet.

Serve **honey-chipotle Brussels sprouts** in **tortillas** topped with **crema** and **cilantro**. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!