



SWEET AND SMOKY CHICKEN BREASTS

with Roasted Brussels Sprouts and Mashed Sweet Potatoes



HELLO

CINNAMON PAPRIKA SPICE

This aromatic spice blend gives chicken smoky and sweet warmth.



Sweet Potatoes



Chicken Breasts



Chicken Stock Concentrates



Sour Cream
(Contains: Milk)



Brussels Sprouts



Smoky Cinnamon
Paprika Spice



Currant Jam

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 630

START STRONG

For ultra-creamy mashed sweet potatoes, save a scoop of the starchy cooking water before draining. Add a splash at a time while mashing until your spuds reach a smooth consistency.

BUST OUT

- Baking sheet
- Peeler
- Large pot
- Strainer
- Paper towels
- Vegetable oil (4 tsp)
- Butter (3 TBSP)
(Contains: Milk)
- Medium pan
- Potato masher

INGREDIENTS

Ingredient 4-person

- Brussels Sprouts 16 oz
- Sweet Potatoes 4
- Chicken Breasts* 24 oz
- Smoky Cinnamon Paprika Spice 1 TBSP
- Chicken Stock Concentrates 2
- Currant Jam 4 TBSP
- Sour Cream 4 TBSP

* Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

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1 ROAST BRUSSELS SPROUTS

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and halve **Brussels sprouts**. Toss on a baking sheet with a large drizzle of **oil, salt, and pepper**. Arrange cut sides down on one side of baking sheet. Roast until browned and tender, 20-25 minutes total.



2 COOK SWEET POTATOES

Meanwhile, peel and dice **sweet potatoes** into ½-inch cubes. Place in a large pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until easily pierced by a fork, 10-15 minutes. Drain and return to pot.



3 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt, pepper,** and **Cinnamon Paprika Spice**. Heat a large drizzle of **oil** in a medium pan over medium-high heat. Add chicken and cook until lightly browned but not cooked through, 2-3 minutes per side. Turn off heat. Transfer to baking sheet with **Brussels sprouts**, pushing sprouts toward one side. Roast until cooked through, 5-7 minutes. (**TIP:** If chicken is done before Brussels sprouts, remove from sheet and return sprouts to oven.)



4 MAKE SAUCE

Add **stock concentrates, jam,** and **½ cup water** to pan used to cook chicken. Cook over medium-low heat, scraping up any browned bits from bottom of pan, until slightly reduced, 3-4 minutes. Turn off heat; stir in **2 TBSP butter** until melted. Season with **salt and pepper**.



5 MASH SWEET POTATOES

Meanwhile, heat pot with **sweet potatoes** over low heat. Using a potato masher or fork, mash sweet potatoes with **sour cream** and **1 TBSP butter**. Season with **salt and pepper**.



6 SERVE

Divide **sweet potatoes, Brussels sprouts,** and **chicken** between plates. Drizzle chicken with **sauce**.

FRESH TALK

How many purple foods can you name?

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