



BUTTER-BASTED CHICKEN BREASTS

with Candied Bacon Brussels Sprouts and Mashed Sweet Potatoes



HELLO
BROWN SUGAR
A little sweet for a lot of flavor

PREP: 10 MIN | TOTAL: 50 MIN | CALORIES: 910

-  Brussels Sprouts
-  Shallot
-  Bacon
-  Chicken Breasts
-  Chicken Demi-Glace
(Contains: Milk)
-  Chili Flakes
-  Scallions
-  Sweet Potatoes
-  Brown Sugar
-  Garlic Herb Butter
(Contains: Milk)
-  Sour Cream
(Contains: Milk)

START STRONG


Keep a close eye on the oven when making the candied bacon and Brussels sprouts in step 3. Some ovens run hotter than others, and you don't want this beautiful caramelized mixture to burn.

BUST OUT

- Aluminum foil • Paper towels
- Large pot • Large pan
- Strainer
- Potato masher
- Baking sheet
- Butter (1 TBSP | 1 TBSP)
(Contains: Milk)
- Vegetable oil (1 TBSP | 1 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Brussels Sprouts 8 oz | 16 oz
- Scallions 2 | 4
- Shallot 1 | 1
- Sweet Potatoes 2 | 4
- Bacon 4 oz | 8 oz
- Brown Sugar 2 TBSP | 4 TBSP
- Chicken Breasts 12 oz | 24 oz
- Garlic Herb Butter 2 TBSP | 4 TBSP
- Chicken Demi-Glace 1 | 2
- Sour Cream 6 TBSP | 12 TBSP
- Chili Flakes  1 tsp | 1 tsp

WINE CLUB

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1 PREP

Place a baking sheet lined with foil or parchment paper inside your oven; preheat to 425 degrees. **Wash and dry all produce.** Trim and halve **Brussels sprouts**. Trim and thinly slice **scallions**, separating whites from greens. Halve, peel, and mince **shallot** until you have 3 TBSP. Dice **sweet potatoes** into ½-inch cubes.



4 COOK CHICKEN

Meanwhile, pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 5-8 minutes per side. During last 2 minutes of cooking, reduce heat to low and add **garlic herb butter**. Spoon over chicken until coated. Turn off heat. Leaving butter in pan, transfer chicken to a plate.



2 COOK AND MASH SWEET POTATOES

Place **sweet potatoes** in a large pot with enough **water** to cover by 2 inches. Boil until tender, about 15 minutes. Drain. Heat **1 TBSP regular butter** in same pot. Add **scallion whites, salt, and pepper**. Cook for 1 minute, then add sweet potatoes and mash until smooth. Keep covered until ready to serve.



5 MAKE SAUCE

Add minced **shallot** to pan with reserved **garlic herb butter**. Cook on low until softened, 1-2 minutes. Stir in **demi-glace** and ¼ cup **water**. Simmer until slightly thickened, 1-2 minutes. Turn off heat. Stir in **2 packets sour cream** and any chicken **resting juices**. Season with **salt** and **pepper**.



3 ROAST BRUSSELS SPROUTS AND BACON

Meanwhile, toss **Brussels sprouts** with a drizzle of **oil, salt, and pepper** on one half of preheated sheet; arrange **bacon** on other side. Sprinkle sprouts and bacon with salt, pepper, and half the **brown sugar**. Roast until browned and crispy, 20-25 minutes.



6 FINISH AND SERVE

Slice **chicken** crosswise. Crumble or chop **bacon** into small pieces. Stir remaining **brown sugar** and remaining **sour cream** into mashed **sweet potatoes**. Divide **Brussels sprouts** and sweet potatoes between plates. Top potatoes with chicken and **sauce**. Garnish chicken with **scallion greens**. Garnish Brussels sprouts with bacon. Sprinkle with **chili flakes** (to taste).

BACON ME HUNGRY!

Candied bacon takes this dish to a whole new level.

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