



BUTTER-BASTED CHICKEN BREASTS

with Candied Bacon Brussels Sprouts and Mashed Potatoes

GOURMET

INGREDIENTS

2 SERVINGS | 4 SERVINGS



8 oz | 16 oz
Brussels Sprouts



2 | 4
Scallions



1 | 1
Shallot



12 oz | 24 oz
Yukon Gold Potatoes



4 oz | 8 oz
Bacon



2 TBSP | 4 TBSP
Brown Sugar



12 oz | 24 oz
Chicken Breasts



2 TBSP | 4 TBSP
Garlic Herb Butter
(Contains: Milk)



1 | 2
Chicken Demi-Glace
(Contains: Milk)



6 TBSP | 12 TBSP
Sour Cream
(Contains: Milk)



1 tsp | 1 tsp
Chili Flakes
(Spicy)

HELLO

BRUSSELS SPROUTS

These tiny green globes turn crispy and sweet once roasted.



WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon:



PREP: 10 MIN

COOK: 50 MIN

CALORIES: 910



START STRONG

Keep an eye on the oven when making the candied bacon in step 3. Some ovens run hotter than others, and you don't want your beautiful creation to burn!

BUST OUT

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



1. PREP

- Place a foil-lined baking sheet inside your oven (2 foil-lined sheets for 4 servings); preheat to 425 degrees.
- **Wash and dry all produce.**
- Trim and halve **Brussels sprouts**. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince **shallot** until you have 3 TBSP.



2. MAKE MASHED POTATOES

- Dice **potatoes** into ½-inch pieces; place in a large pot with enough **salted water** to cover by 2 inches. Boil until tender, 15-20 minutes. Reserve ½ **cup potato cooking liquid**, then drain.
- Melt 1 TBSP **plain butter** in same pot. Add **scallion whites** and cook until softened, about 1 minute. Add drained potatoes; mash until smooth. Season with **salt** and **pepper**. Keep covered until ready to serve.



3. ROAST BRUSSELS AND BACON

- Meanwhile, toss **Brussels sprouts** with a drizzle of **oil**, **salt**, and **pepper** on one side of prepared sheet; arrange cut sides down. Arrange **bacon*** on opposite side; sprinkle with **salt** and **pepper**. Roast for 10 minutes, then remove from oven and sprinkle bacon with **brown sugar**.
- Return to oven until bacon is crispy and Brussels sprouts are tender, 10-15 minutes more.
- 4 servings: Divide Brussels sprouts and bacon between 2 baking sheets.



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, 5-7 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 cutting board.



5. MAKE SAUCE

- Add **minced shallot** to pan with reserved **garlic herb butter**. Cook over low heat 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 **resting juices** from chicken. Season with **salt** and **pepper**.
- 4 servings: Use 4 packets sour cream.



6. FINISH MEAL

- Stir remaining **sour cream** into **mashed potatoes**. Add **reserved potato cooking liquid**, a splash at a time, until creamy.
- Slice **chicken** crosswise. Crumble or chop **bacon** into small pieces.



7. SERVE

- Divide **Brussels sprouts** and **mashed potatoes** between plates. Top potatoes with **chicken** and **sauce**.
- Garnish chicken with **scallion greens**. Garnish Brussels sprouts with **bacon**. Sprinkle everything with **chili flakes** to taste.

*Bacon is fully cooked when internal temperature reaches 145°.
*Chicken is fully cooked when internal temperature reaches 165°.

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