



BUTTER-BASTED CHICKEN BREASTS with Candied Bacon Brussels Sprouts & Mashed Sweet Potatoes



HELLO
BRUSSELS SPROUTS
These tiny green globes turn crispy and sweet once roasted.

PREP: 10 MIN | TOTAL: 50 MIN | CALORIES: 1120



Brussels Sprouts



Shallot



Bacon



Chicken Breasts



Chicken Demi-Glaze
(Contains: Milk)



Chili Flakes



Scallions



Sweet Potatoes



Brown Sugar



Garlic Herb Butter
(Contains: Milk)



Sour Cream
(Contains: Milk)

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

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

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**

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

* Bacon is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP Place a foil-lined baking sheet on top rack (2 foil-lined sheets on top and middle racks for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and halve **Brussels sprouts** lengthwise. Trim and thinly slice **scallions**, separating whites from greens. Halve, peel, and mince **shallot** until you have 3 TBSP.



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 the last 2 minutes of cooking, reduce heat to low and add **garlic herb butter** until melted. Spoon over chicken to coat. Turn off heat. Leaving butter in pan, transfer chicken to a plate.



2 MAKE MASHED SWEET POTATOES Dice **sweet 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 over medium heat. Add **scallion whites**; cook until softened, 1-2 minutes. Add drained potatoes and mash until smooth. Season with **salt** and **pepper**. Keep covered off heat.



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** (4 packets for 4 servings) and any **resting juices** from chicken. Season with **salt** and **pepper**.



3 ROAST BRUSSELS SPROUTS & BACON Meanwhile, carefully toss **Brussels sprouts** on one side of prepared sheet with a drizzle of **oil, salt**, and **pepper**; arrange cut sides down. Add **bacon** to empty side of same sheet; season with **salt** and **pepper**. (For 4, divide between 2 sheets; roast Brussels sprouts on top rack and bacon on middle rack.) Roast 10 minutes, then remove from oven. Sprinkle bacon with **brown sugar**. Return to oven until bacon is crispy and Brussels sprouts are tender, 10-15 minutes more.



6 FINISH & SERVE Slice **chicken** crosswise. Chop **bacon** into small pieces. Stir remaining **sour cream** into **sweet potatoes**; if needed, add **reserved cooking liquid** a splash at a time until creamy. Divide between plates with **Brussels sprouts**. Top potatoes with chicken and **sauce**. Garnish chicken with **scallion greens** and Brussels sprouts with bacon. Sprinkle with **chili flakes** to taste.

NOTHIN' BUTTER

Next time you make a steak, try this butter-basting technique for luxurious results.

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