

BUTTER-BASTED CHICKEN BREASTS

with Candied-Bacon Brussels Sprouts & Mashed Potatoes



= HELLO =

BRUSSELS SPROUTS

These tiny green globes turn crispy and sweet once roasted.



TOTAL: 50 MIN

CALORIES: 1070



Brussels Sprouts







Bacon



Chicken Breasts



Chicken Demi-Glace (Contains: Milk)



Chili Flakes



Yukon Gold



Brown Sugar



Garlic Herb Butter (Contains: Milk)



Sour Cream (Contains: Milk)

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Potatoes

START STRONG

Keep a close eye on the oven when making the candied bacon 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
- 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

2 | 4 Scallions

 Shallot 1 | 1

• Yukon Gold Potatoes 12 oz | 24 oz

 Bacon³ 4 oz | 8 oz

2 TBSP | 4 TBSP Brown Sugar

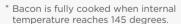
 Chicken Breasts* 12 oz | 24 oz

Garlic Herb Butter 2 TBSP | 4 TBSP

· Chicken Demi-Glace 1 | 2

6 TBSP | 12 TBSP Sour Cream

 Chili Flakes 1tsp | 1tsp



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





PREP ■ Place a foil-lined baking sheet on top rack (2 sheets, on top and middle racks, for 4 servings); preheat oven 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.



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 the 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.

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MAKE MASHED POTATOES Dice **potatoes** into ½-inch pieces; place in a large pot with enough salted water to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Reserve ½ cup potato cooking liquid; drain. Melt 1 TBSP plain butter in empty pot over medium heat. Add scallion whites: cook until softened, 1 minute. Return potatoes to pot; mash until smooth. Season with **salt** and **pepper**. Turn off heat; keep covered until ready to serve.



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**, any **resting juices** from chicken, and 1/4 cup water. Simmer until slightly thickened, 1-2 minutes. Turn off heat. Stir in 2 packets sour cream (4 packets for 4 servings; you'll use the rest later). Season with salt and pepper.



ROAST BRUSSELS SPROUTS & BACON

Meanwhile, carefully toss Brussels sprouts on one side of prepared baking sheet with a drizzle of oil, salt, and pepper; arrange cut sides down. Add **bacon** to empty side; 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 potatoes; add splashes of reserved potato cooking liquid as needed until creamy. Divide potatoes and Brussels **sprouts** between plates. Top potatoes with chicken and sauce. Garnish chicken with scallion greens and Brussels sprouts with bacon. Sprinkle with chili flakes to taste.

- BACON ME HUNGRY! -

Try making candied bacon again

to level-up your breakfast.