



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



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

PREP: 10 MIN | TOTAL: 50 MIN | CALORIES: 1070



Brussels Sprouts



Shallot



Bacon



Chicken Breasts



Chicken Demi-Glace  
(Contains: Milk)



Chili Flakes



Scallions



Yukon Gold 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 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**
- Scallions **2 | 4**
- Shallot **1 | 1**
- Yukon Gold Potatoes **12 oz | 24 oz**
- 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**

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

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



## 1 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.



## 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 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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## 2 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.



## 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**, any **resting juices** from chicken, 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; you'll use the rest later). Season with **salt** and **pepper**.



## 3 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.

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