



BUTTER-BASTED CHICKEN BREASTS

with Candied-Bacon Brussels Sprouts & Mashed Potatoes

GOURMET

INGREDIENTS

2 PERSON | 4 PERSON



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

HELLO

BRUSSELS SPROUTS

These tiny green globes turn crispy and sweet once roasted.



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



EYES ON THE PRIZE

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

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



1 PREP

- Place a foil-lined baking sheet on top rack (2 foil-lined sheets, on top and middle racks, for 4 servings); preheat oven to 425 degrees. Wash and dry all produce.
- Trim and thinly slice scallions, separating whites from greens. Trim and halve Brussels sprouts lengthwise. 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.
- In 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.



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, then 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.
- Keep covered off heat 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 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 servings, divide between 2 sheets; roast Brussels sprouts on top rack and bacon on middle rack.)
- Roast on top rack for 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.

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