



SWEET AND SMOKY CHICKEN BREASTS

with Roasted Brussels Sprouts and Mashed Sweet Potatoes



HELLO

CINNAMON PAPRIKA SPICE

This aromatic spice blend gives chicken smoky and sweet warmth.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 630**



Sweet Potatoes



Chicken Breasts



Chicken Stock Concentrate



Sour Cream
(Contains: Milk)



Brussels Sprouts



Smoky Cinnamon Paprika Spice



Currant Jam

START STRONG

For ultra-creamy mashed sweet potatoes, save a scoop of the starchy cooking water before draining. Add a splash at a time while mashing until your spuds reach a smooth consistency.

BUST OUT

- Baking sheet
- Peeler
- Large pot
- Strainer
- Paper towels
- Vegetable oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 2 TBSP)
(Contains: Milk)
- Medium pan
- Potato masher

INGREDIENTS

Ingredient 2-person | 4-person

- Brussels Sprouts 8 oz | 16 oz
- Sweet Potatoes 2 | 4
- Chicken Breasts* 12 oz | 24 oz
- Smoky Cinnamon Paprika Spice ½ TBSP | 1 TBSP
- Chicken Stock Concentrate 1 | 2
- Currant Jam 2 TBSP | 4 TBSP
- Sour Cream 2 TBSP | 4 TBSP

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 ROAST BRUSSELS SPROUTS

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and halve **Brussels sprouts**. Toss on a baking sheet with a drizzle of **oil, salt, and pepper**. Arrange cut sides down on one side of baking sheet. Roast until browned and tender, 20-25 minutes total.



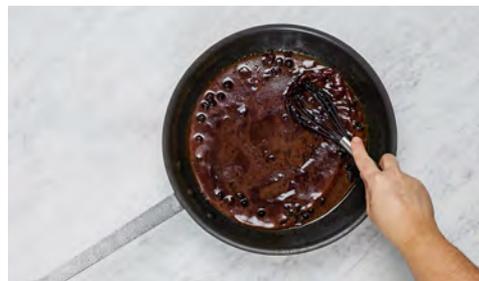
2 COOK SWEET POTATOES

Meanwhile, peel and dice **sweet potatoes** into ½-inch cubes. Place in a large pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until easily pierced by a fork, 10-15 minutes. Drain and return to pot.



3 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt, pepper**, and ½ **TBSP Cinnamon Paprika Spice** (save the rest for another use). Heat a drizzle of **oil** in a medium pan over medium-high heat. Add chicken and cook until lightly browned but not cooked through, 2-3 minutes per side. Turn off heat. Transfer to baking sheet with **Brussels sprouts**, pushing sprouts toward one side. Roast until cooked through, 5-7 minutes. (**TIP:** If chicken is done before Brussels sprouts, remove from sheet and return sprouts to oven.)



4 MAKE SAUCE

Add **stock concentrate, jam, and ¼ cup water** to pan used to cook chicken. Cook over medium-low heat, scraping up any browned bits from bottom of pan, until slightly reduced, 3-4 minutes. Turn off heat; stir in **1 TBSP butter** until melted. Season with **salt and pepper**.



5 MASH SWEET POTATOES

Meanwhile, heat pot with **sweet potatoes** over low heat. Using a potato masher or fork, mash sweet potatoes with **sour cream** and **1 TBSP butter**. Season with **salt and pepper**.



6 SERVE

Divide **sweet potatoes, Brussels sprouts**, and **chicken** between plates. Drizzle chicken with **sauce**.

JAM OUT

Next time, try this sweet pan sauce on pork chops!

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