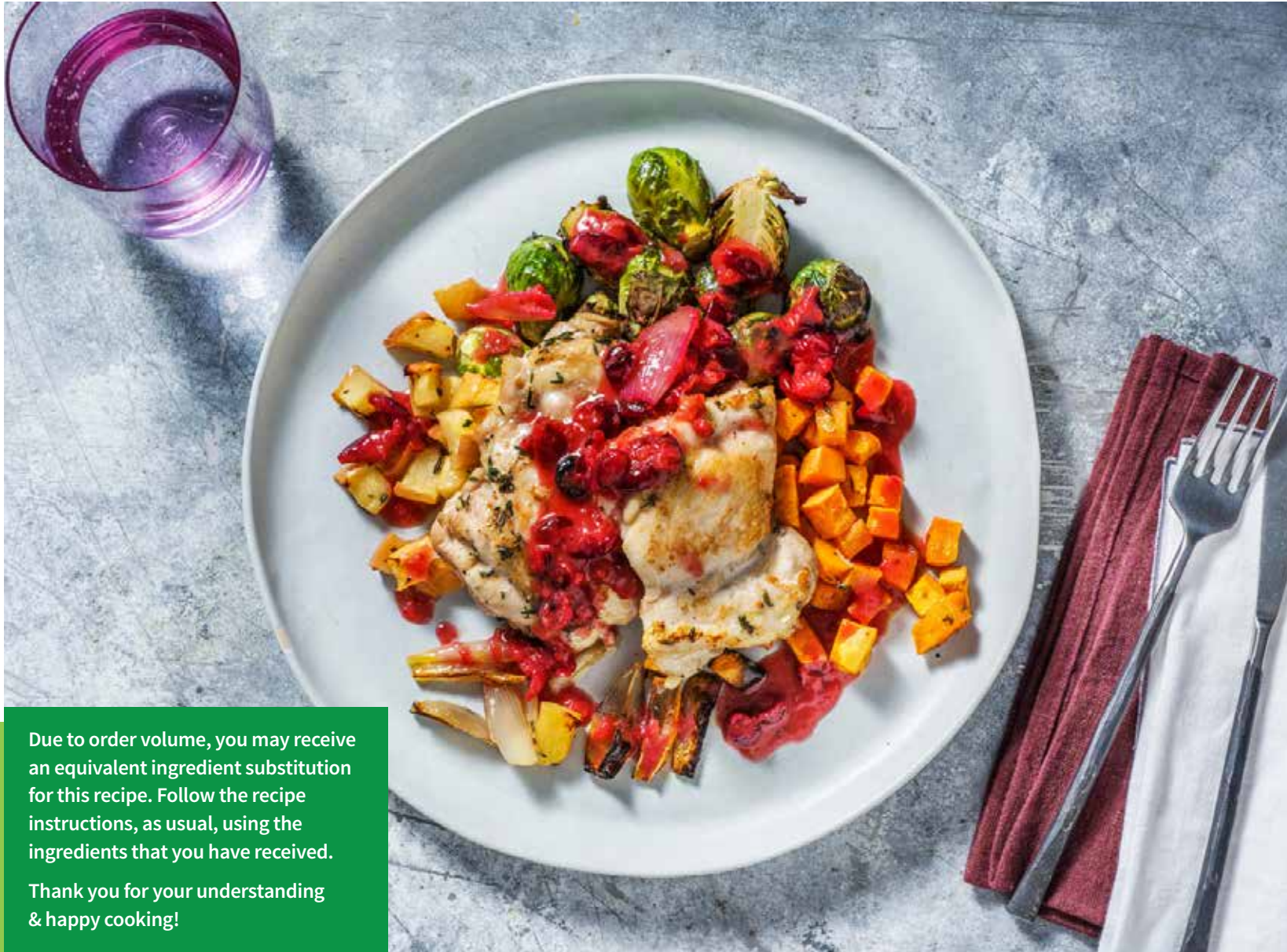




Autumn Chicken Dinner

with Roasted Apples and Brussels

35 Minutes



Chicken Thighs/Leg



Brussels Sprouts



Gala Apple



Whole Cranberries



Sweet Potato



Shallot



Garlic



Thyme



Honey

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO CRANBERRIES

Plump juicy cranberries cook down for a sticky sweet chutney!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, vegetable peeler, measuring spoons, large bowl, parchment paper, small pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Brussels Sprouts	170 g	227 g
Gala Apple	1	2
Whole Cranberries	113 g	227 g
Sweet Potato	170 g	340 g
Shallot	50 g	100 g
Garlic	6 g	12 g
Thyme	7 g	7 g
Honey	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

*** Minimum weight on chicken

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Halve **Brussels sprouts**. Peel, then cut **sweet potato** into ¼-inch pieces. Core, then cut the **apple** into ½-inch pieces. Peel, then cut **shallot** into ½-inch slices. Peel, then mince or grate **garlic**. Strip **1 tbsp thyme leaves** (dbl for 4ppl) from stems, then finely chop.



Roast chicken

Remove the pan from heat. Transfer **chicken** to the baking sheet, on top of **veggies**. Roast in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.**



Roast veggies

Toss **sweet potatoes, Brussels sprouts, apples, half the shallots, half the garlic, half the thyme** and **1 tbsp oil** (dbl for 4ppl) on a parchment-lined baking sheet. Arrange evenly in a single layer. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 22-24 min. (**NOTE:** In Step 4, stir veggies again before adding chicken.)



Cranberry chutney

While the **chicken** roasts, heat a small pot over high heat. When hot, add **2 tbsp butter** (dbl for 4ppl), then **cranberries, remaining shallots, honey, 2 tbsp sugar** and **¼ cup water** (dbl both for 4ppl). Cook, stirring occasionally, until thick and bubbling, 6-8 min.



Start chicken

While **veggies** roast, pat **chicken** dry with paper towels. Add **chicken, remaining thyme, remaining garlic** and **½ tbsp oil** (dbl for 4ppl) to a large bowl. Season with **pepper**. Toss to coat. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **chicken**. Cook, until golden-brown, 2-3 min per side.



Finish and serve

Divide **chicken** and **veggies** between plates. Spoon **cranberry chutney** over top.

Dinner Solved!