



Honey-Garlic Chicken

with Brussels Sprouts and Sweet Potato Mash

30 Minutes



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Chicken Breasts



Double Chicken Breasts



Garlic Salt



Honey



Sweet Potato



Brussels Sprouts



Chives



Garlic, cloves



Soy Sauce

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Double Chicken Breasts	4	8
Garlic Salt	¾ tsp	1 ½ tsp
Honey	2 tbsp	4 tbsp
Sweet Potato	2	4
Brussels Sprouts	170 g	340 g
Chives	7 g	7 g
Garlic, cloves	1	2
Soy Sauce	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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



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Cook sweet potatoes

- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Add **sweet potatoes, 1 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **sweet potatoes** to the same pot, off heat.



Cook Brussels sprouts

- Meanwhile, heat the same pan over medium.
- Add **Brussels sprouts** and **2 tbsp** (4 tbsp) **water**. Cook, stirring occasionally, until tender, 5-6 min.
- Add **1 tbsp** (2 tbsp) **butter**. Cook, stirring often, until **butter** melts, 1 min.
- Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- Transfer **Brussels sprouts** to a plate, then cover to keep warm.



Cook chicken

- Pat **chicken** dry with paper towels, then season with **½ tsp** (1 tsp) **garlic salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Bake in the **middle** of the oven until cooked through, 10-12 min.**

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.



Mash sweet potatoes

- When **sweet potatoes** are fork-tender, mash **2 tbsp** (4 tbsp) **butter** into **sweet potatoes** until smooth.
- Season with **salt** and **pepper**, to taste, then stir in **half the chives**.



Prep and make honey-garlic sauce

- Meanwhile, halve **Brussels sprouts** (if larger, quarter them).
- Thinly slice **chives**.
- Peel, then finely grate **garlic**.
- Add **honey, soy sauce** and **garlic** to a small bowl. Season with **pepper**, then stir to combine. Set aside.



Finish and serve

- When **chicken** is done, drizzle **honey-garlic sauce** over top. Toss to coat.
- Divide **sweet potato mash, Brussels sprouts** and **honey-garlic chicken** between plates.
- Drizzle **any remaining honey-garlic sauce** from the baking sheet over **chicken**.
- Sprinkle **remaining chives** over top.

Dinner Solved!