



Smart Chicken and Butternut Squash with Creamed Brussels

Carb Smart

Calorie Smart

35 Minutes



Chicken Breasts



Butternut Squash, cubes



Thyme



Sour Cream



Red Onion



Garlic, cloves



Almonds, sliced



Brussels Sprouts



Garlic Salt

HELLO BRUSSELS SPROUTS

Our favourite member of the cabbage family and the perfect winter veggie!

Start here

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

Bust out

2 Baking sheets, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Butternut Squash, cubes	170 g	340 g
Thyme	7 g	7 g
Sour Cream	3 tbsp	6 tbsp
Red Onion	113 g	226 g
Garlic, cloves	1	2
Almonds, sliced	28 g	56 g
Brussels Sprouts	170 g	340 g
Garlic Salt	1 tbsp	2 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	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.

♦ 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.

Contact

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Prep

Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems. Halve, then thinly slice **Brussels sprouts**. Peel, then quarter **onion**. Separate **onion petals**. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels, then season with **half the garlic salt, pepper and thyme**.



Toast almonds

Reheat the same pan over medium. Add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



Roast veggies

Add **onions, squash** and **2 tsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **remaining garlic salt and pepper**, then toss to combine. Roast in the **middle** of the oven until **squash** is tender, 12-15 min.



Cook Brussels sprouts

Return the same pan to medium. Add **2 tbsp butter** (dbl for 4 ppl), then swirl the pan to melt. Add **Brussels sprouts** and **garlic**. Cook, stirring occasionally, until **Brussels sprouts** are tender, 4-5 min. Add **sour cream** and **¼ cup milk** (dbl for 4 ppl). Cook, stirring often, until **mixture** thickens slightly, 1-2 min. Season with **salt and pepper**.



Sear chicken

While **veggies** roast, heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden-brown, 2-3 min per side. Transfer to an unlined baking sheet. Bake in the **top** of the oven until **chicken** is cooked through, 10-12 min. ** Carefully wipe the pan clean.



Finish and serve

Thinly slice **chicken**. Divide **creamed Brussels sprouts** between plates. Top with **roasted veggies** and **chicken**. Sprinkle **almonds** over top.

Dinner Solved!