



Thyme Chicken and Butternut Squash with Creamed Brussels Sprouts

Carb Smart

35 Minutes



Chicken Breasts



Butternut Squash,
cubes



Thyme



Sour Cream



Red Onion



Garlic



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	3 g	6 g
Almonds, sliced	28 g	56 g
Brussels Sprouts	170 g	340 g
Garlic Salt	1 tsp	2 tsp
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 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

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



Toast almonds

Re-heat the same pan over medium heat. Add the **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. Set aside.



Roast veggies

Toss the **onions, squash** and **2 tsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast the **veggies**, in the **middle** of the oven, until the **squash** is tender, 12-15 mins.



Cook brussels

Re-heat the pan over medium heat. Add **2 tbsp butter** (dbl for 4 ppl). Swirl to melt. Add the **Brussels sprouts** and **garlic**. Cook, tossing carefully, until **Brussels sprouts** are tender, 2-3 min. Add the **sour cream** and **¼ cup milk** (dbl for 4 ppl) to the pan. Cook, stirring, until **mixture** thickens slightly, 1-2 min. Season with **salt** and **pepper**.



Sear chicken

While the **veggies** roast, heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to another 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

Slice the **chicken**. Divide the **creamed Brussels sprouts** between plates. Top with the **roasted veggies** and **chicken**. Sprinkle the **toasted almonds** over top.

Dinner Solved!