



# ORANGE-GLAZED CHICKEN

with Roasted Brussels Sprouts and Sweet Potatoes



**HELLO**  
**SUNKIST® CARA CARA NAVEL ORANGE**  
 Extremely sweet orange flavor with low acidity and a unique pink interior

**PREP: 15 MIN | TOTAL: 45 MIN | CALORIES: 700**

-   
Sweet Potatoes
-   
Scallions
-   
Sunkist® Cara Cara Oranges
-   
Chicken Stock Concentrates
-   
Brussels Sprouts
-   
Chicken Breasts
-   
Southwest Spice Blend
-   
Chili Flakes

## START STRONG

Want to brush up on some chef skills? Instead of peeling your orange in step 1, trim off the top and bottom and set the fruit on one flat side. Slice away the skin and white pith, curving your knife as you go. Cut between the segment and membrane on both sides to release each orange wedge.

## BUST OUT

- 2 Baking sheets
- Medium bowl
- Paper towels
- Large pan
- Vegetable oil (2 TBSP)
- Sugar (2 tsp)
- Butter (3 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 4-person

- |                              |        |
|------------------------------|--------|
| • Sweet Potatoes             | 4      |
| • Brussels Sprouts           | 16 oz  |
| • Scallions                  | 4      |
| • Sunkist® Cara Cara Oranges | 2      |
| • Southwest Spice Blend      | 1 TBSP |
| • Chicken Breasts*           | 24 oz  |
| • Chicken Stock Concentrates | 2      |
| • Chili Flakes               | 1 tsp  |

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

# HelloFRESH



## 1 PREP

Adjust racks to top and bottom positions, place a baking sheet on each rack, and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **sweet potatoes** into ½-inch pieces (no need to peel). Trim and halve **Brussels sprouts**. Trim and thinly slice **scallions**, separating whites from greens. Peel one **orange** and cut into segments. Halve remaining orange; squeeze juice into a medium bowl.



## 4 FINISH CHICKEN AND VEGGIES

Once **Brussels sprouts** have roasted 15 minutes, remove baking sheet from oven. (Leave sweet potatoes in oven.) Add **chicken** to baking sheet with Brussels sprouts, return to oven, and roast until chicken is cooked through and veggies are tender, about 10 minutes. Transfer chicken to a plate and let rest 3-5 minutes.



## 2 START VEGGIES

Remove preheated baking sheets from oven. Toss **sweet potatoes** on one baking sheet with a large drizzle of **oil**, half the **Southwest Spice** (use the rest as you like), **salt**, and **pepper**. Toss **Brussels sprouts** on second baking sheet with another large drizzle of oil, salt, and pepper. Roast sweet potatoes on top rack and Brussels sprouts on bottom rack until lightly browned, about 15 minutes.



## 5 MAKE SAUCE

Melt **2 TBSP butter** in pan used to brown chicken over medium heat. Add **scallion whites**; cook 1 minute. Stir in **orange juice**, **stock concentrates**, **3 TBSP water**, and **2 tsp sugar**. Bring to a simmer and cook until thickened, 3-4 minutes. Reduce heat to low and stir in 1 TBSP butter, **orange segments**, and any **resting juices** from chicken. Season with **salt** and **pepper**.



## 3 BROWN CHICKEN

Meanwhile, pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add chicken and cook until browned but not cooked through, 3-4 minutes per side. Turn off heat; remove chicken from pan and set aside. Wipe out pan.



## 6 SERVE

Divide **roasted veggies** and **chicken** between plates. Top chicken with **sauce**. Garnish with **scallion greens** and **chili flakes** (to taste).

## FRESH TALK

How many orange-colored foods can you name?

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