



# Smart Chicken and Sweet Potatoes with Creamed Brussels

Calorie Smart

Carb Smart

35 Minutes



Chicken Breasts



Sweet Potato



Italian Seasoning



Sour Cream



Yellow Onion



Garlic, cloves



Almonds, sliced



Brussel Sprouts



Garlic Salt

## HELLO BRUSSELS SPROUTS

*Brussels sprouts are in the same family as cabbage: brassica!*

## Start here

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

## Bust out

Baking sheet, vegetable peeler, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Sweet Potato	170 g	340 g
Italian Seasoning	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Yellow Onion	113 g	226 g
Garlic, cloves	1	2
Almonds, sliced	28 g	28 g
Brussels Sprouts	170 g	340 g
Garlic Salt	1 tsp	2 tsp
Milk*	¼ cup	½ cup
Unsalted Butter*	1 tbsp	2 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

- Peel, then cut **sweet potato** into ½-inch pieces.
- Halve, then thinly slice **Brussels sprouts**.
- Peel, then quarter **onion**. Separate **onion petals**.
- Peel, then mince or grate **garlic**.
- On a separate cutting board, pat **chicken** dry with paper towels, then season with **half the garlic salt, pepper** and **Italian Seasoning**.



## Toast almonds

- While **chicken** bakes, 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, sweet potatoes** 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 **onions** are golden-brown and **sweet potatoes** are tender, 12-15 min.



## Cook Brussels sprouts

- Return the same pan to medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **Brussels sprouts** and **garlic**. Cook, stirring occasionally, until **Brussels sprouts** are tender, 6-8 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**, to taste.



## Cook chicken

- Meanwhile, 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!