



## Maple Glazed Chicken

with Brussels Sprouts & Red Onion



30-40min



2 Servings

Glazed chicken can feel like the ultimate decadence, but in reality, maple syrup and fresh orange juice provide a lovely all-natural sweetness that is balanced by a little heat from crushed red pepper. Brussels sprouts and red onion are roasted to crisp perfection as the perfect accompaniment to tender chicken. Cook, relax, and enjoy!

## What we send

- Brussels sprouts
- maple syrup
- medium red onion
- large cloves garlic
- navel orange
- rice vinegar
- crushed red pepper flakes
- boneless skinless chicken breast

## What you need

- coarse salt
- freshly ground black pepper
- sugar

## Tools

- large skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 575.0kcal, Fat 17.8g, Proteins 51.3g, Carbs 44.7g



### 1. Prep sprouts & onion

Preheat oven to 425°F. Trim ends from Brussels sprouts and cut in half through the root. Halve, peel, and thinly slice red onion. Toss Brussels sprouts and onion with 2 tablespoons oil on a rimmed baking sheet. Season with ½ teaspoon salt and ¼ teaspoon pepper.



### 2. Roast vegetables

Roast Brussels sprouts and onions, shaking sheet halfway through, until golden and tender, 18-22 minutes.



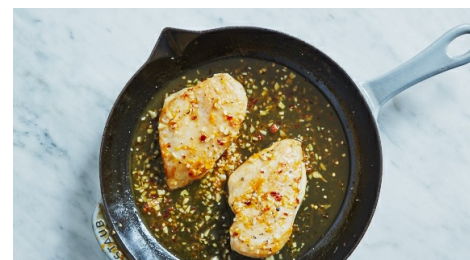
### 3. Prep glaze

Meanwhile, peel and finely chop garlic and place in a small bowl. Zest orange into bowl. Add maple syrup, rice vinegar, 1 tablespoon sugar, and half to all of the crushed red pepper (depending on your heat preference); stir to combine.



### 4. Brown chicken

Heat 1 tablespoon oil in a large skillet over medium-high. Season chicken breasts all over with ½ teaspoon salt and several grinds pepper. Add to skillet and cook, turning once, until browned on both sides, about 3 minutes per side.



### 5. Glaze chicken

Add maple glaze to skillet along with ½ cup water and cook, turning chicken occasionally, until liquid is reduced and syrupy, 3-4 minutes.



### 6. Serve

Cut orange into wedges. Serve roasted vegetables alongside chicken with glaze spooned over top. Serve orange wedges on the side for squeezing over or eating on their own. Enjoy!