



DINNERLY

D152 2 8d8146e95ad9d1f5bab56fcee825debe

Chicken & Brussels Sprouts with Carrots & Honey-Mustard

 20-30min  4 Servings

All vegetables deserve a little love—including Brussels sprouts. Shake off any and all negative preconceived notions about these delicious little nutritional powerhouses. When crisped and caramelized along with carrots, they're everything you need to balance out juicy, tender roasted honey-mustard chicken. We've got you covered!

WHAT WE SEND

- brussels sprouts
- chicken drumsticks
- carrots
- honey
- Dijon mustard ¹⁷

WHAT YOU NEED

- apple cider vinegar
- coarse kosher salt
- freshly ground pepper
- olive oil

TOOLS

- rimmed baking sheet

ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 459kcal, Fat 29g, Carbs 20g, Proteins 28g



1. Prep chicken

Preheat oven to 425°F with a rack in the upper third. Pat **chicken** dry. Using a sharp knife, make 2 cuts into top of drumsticks at thickest part, slicing to bone. On a rimmed baking sheet, rub chicken with **1 tablespoon oil**, then season with **1 teaspoon each salt and pepper**. Bake in upper third of oven until partially cooked, but not browned, about 8 minutes.



2. Prep veggies

Meanwhile, scrub **carrots** (no need to peel). Trim ends, then then cut crosswise into ¾-inch pieces, halving lengthwise if thick. Trim stems ends from **Brussels sprouts**, then halve lengthwise. In a large bowl, toss veggies with **2 tablespoons oil**, ½ **teaspoon salt**, and **a few grinds pepper**.



3. Roast veggies

After **chicken** has cooked for 8 minutes, add **Brussels sprouts** and **carrots** to baking sheet with chicken (save bowl for step 4). Bake until chicken is cooked through and veggies are tender, about 20 minutes.



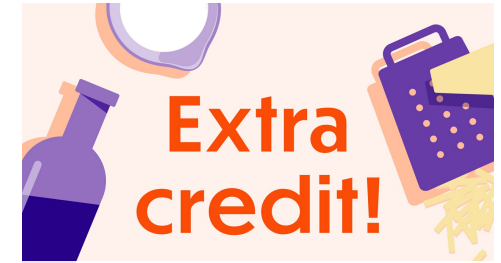
4. Make honey-mustard

As **chicken** and **veggies** roast, use the reserved bowl to whisk together: **mustard**, **honey**, **2 tablespoons vinegar**, and ¼ **cup oil**. Season with ½ **teaspoon salt** and **a few grinds of pepper**.



5. Finish & serve

Remove baking sheet from oven. Preheat broiler to high. Spoon ¼ **cup of the honey-mustard** over the **drumsticks**. Return baking sheet to upper third of oven and broil until drumsticks are lightly browned, 1-2 minutes (watch closely as broilers vary). Serve **chicken** with **veggies** alongside, spooning **remaining-honey mustard** over top. Enjoy!



6. Spice it up!

For a little bit of a sweet and spicy kick, add a pinch of cayenne to the honey-mustard glaze in step 4.