



## Braised Mustard Chicken

with Brussels Sprouts



30-40min



2 Servings

Braising is one of our favorite ways to bring out the delicious, concentrated flavors of meat. First you'll sear chicken thighs for a golden brown skin, then you'll make a braising sauce using the drippings from the meat, and finally you'll simmer the chicken in the oven until tender. Mustard and sour cream are our secret ingredients for a tangy, creamy sauce that makes even Brussels sprouts ta...

## What we send

- apple cider vinegar
- Brussels sprouts
- shallot
- bone-in, skin-on chicken thighs
- Dijon mustard <sup>17</sup>

## What you need

- coarse salt
- freshly ground black pepper
- olive oil

## Tools

- medium ovenproof skillet
- small pot

**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.**

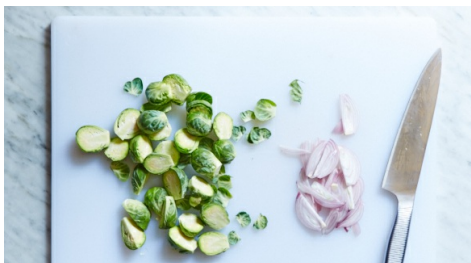
**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

## Allergens

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

## Nutrition per serving

Calories 605kcal, Fat 21g, Carbs 48g, Proteins 49g



### 1. Prep vegetables

Preheat oven to 375°F. Trim and halve Brussels sprouts (or quarter if large). Halve, peel, and thinly slice shallot.



### 2. Sear chicken

Heat 1 tablespoon oil in a medium ovenproof skillet over medium-high. Pat chicken dry and season with salt and pepper. Starting skin-side down, cook chicken, flipping halfway through, until golden brown, 5-6 minutes per side. Transfer chicken to a plate.



### 3. Cook shallot and Brussels

Pour off all but 2 tablespoons of the drippings from the skillet into a small bowl and reserve. Reduce heat to medium and add Brussels sprouts and shallots to skillet. Cook, stirring often, until golden brown, about 4 minutes.



### 4. Prepare braising liquid

Add Dijon mustard to skillet and stir to combine, about 1 minute. Add vinegar and ½ cup water and cook, scraping up any browned bits. Return chicken to skillet, skin-side up, along with any juices, and bring to a simmer. Transfer skillet to oven and braise until chicken is cooked through, 20-25 minutes.



### 5. Cook orzo

Meanwhile, bring a small pot of salted water to a boil. Add orzo and cook until al dente, 8-10 minutes. Drain and toss orzo with 2 teaspoons reserved drippings.



### 6. Finish

Remove skillet from oven and transfer chicken to a plate. Add sour cream to skillet and stir to combine; season with salt and pepper to taste. Divide orzo between two plates and top with Brussels sprouts, mustard sauce, and chicken. Enjoy!