



In your box

- 3 Thyme Sprigs
- 12 oz. Brussels Sprouts
- 1 Gala Apple
- 2 Boneless Skinless Chicken Breasts
- ½ tsp. Smoked Paprika
- 2 oz. Smoked Gouda Slices
- 2 fl. oz. Apple Cider
- .6 oz. Butter

CONTAINS milk



Apple-Gouda Smothered Chicken

with smoky Brussels sprouts

NUTRITION per serving—Calories: 565, Carbohydrates: 27g, Fat: 31g, Protein: 49g, Sodium: 1205mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
5 days

Difficulty Level ● ○ ○
Easy

Spice Level ○ ○ ○ ○
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **thyme**



1

Prepare the Ingredients

- Trim bottoms off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Quarter **apple** and remove core. Cut into ¼” slices.
- Stem and mince **thyme**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Cook Brussels Sprouts and Sear Apples

- Place **Brussels sprouts** on prepared baking sheet and rub with **paprika**, 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer on one half of baking sheet. Roast until tender, 10 minutes.
- Remove from oven. *Brussels sprouts will finish cooking in a later step.*
- While sprouts roast, place a medium non-stick pan over medium heat and add ½ tsp. olive oil. Working in batches if needed, add **apple slices** to hot pan in a single layer. Sear apples undisturbed until lightly browned, 2-3 minutes.
- Transfer apples to a plate. Reserve pan; no need to wipe clean.



3

Cook the Chicken

- Return pan used to sear apples to medium-high heat and add ½ tsp. **olive oil**. Add **chicken** to hot pan and sear undisturbed until lightly browned, 2-3 minutes per side.
- Transfer chicken to other half of baking sheet. Shingle cooked **apples** on chicken and cover apples with **Gouda slices**.
- Roast until chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes.
- Reserve pan; no need to wipe clean.
- While chicken cooks, make sauce.



4

Make the Sauce

- Place **apple cider** and **thyme** (reserve a pinch for garnish) in pan used to sear chicken over medium-high heat.
- Bring to a boil and cook until sauce is the consistency of light syrup, 30-60 seconds.
- Remove from burner and swirl in **butter**. Season with a pinch of **salt** and **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with reserved **thyme**. Bon appétit!