Roasted Red Pepper Chicken
with onion jam Brussels sprouts

NUTRITION per serving–Calories: 548, Carbohydrates: 27g, Fat: 30g, Protein: 42g, Sodium: 1489mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

30-40 min. Intermediate Not Spicy

In your box
1 fl. oz. Balsamic Vinegar
2 oz. Roasted Red Peppers
8 oz. Brussels Sprouts
13 oz. Boneless Skinless Chicken Breasts
1 Red Onion
1 tsp. Sugar
4 fl. oz. Light Cream
Prepare the Ingredients
- Trim stems off Brussels sprouts and slice into thin strips.
- Halve and peel onion. Slice halves into thin strips.
- Mince roasted red peppers.
- Pat chicken breasts dry, and season both sides with ¼ tsp. salt and a pinch of pepper.

Make the Onion Jam
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil.
- Add onion to hot pan and stir occasionally until caramelized, 6-8 minutes.
- Stir in sugar and balsamic vinegar and cook until liquid is almost evaporated, 30-60 seconds.
- Remove from burner.

Cook Chicken and Finish Brussels Sprouts
- Place a medium non-stick pan over medium heat and add 1 tsp. olive oil. Add chicken breasts to hot pan and cook undisturbed until browned, 4-5 minutes.
- Transfer chicken, seared side up, to empty half of baking sheet. Roast until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- Wipe pan clean and reserve.
- While chicken roasts, make onion jam.

Make Sauce and Finish Dish
- Return pan used to cook chicken to medium heat and add 1 tsp. olive oil.
- Add roasted red peppers to hot pan and cook until warm, 30-60 seconds.
- Add cream and ¼ tsp. salt and bring to a boil. Once boiling, stir occasionally until thickened, 2-3 minutes.
- Plate dish as pictured on front of card, spooning sauce over chicken and topping Brussels sprouts with onion jam. Bon appétit!