



- 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



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

Prep & Cook Time
30-40 min.

Cook Within
5 days

Difficulty Level ● ● □
Intermediate

Spice Level □ □ □
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Large Non-Stick Pan, Baking Sheet

👑 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

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**.



2

Start the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**.
- Spread into a single layer on one side and roast in hot oven, 5 minutes.
- Remove from oven. *Brussels sprouts will finish cooking in a later step.*
- While Brussels sprouts roast, sear chicken.



3

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.



4

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.



5

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!