



RAPID MAPLE-BALSAMIC CHICKEN

with Sweet Potatoes and Broccoli

PREP: 5 MIN
TOTAL: 20 MIN

LEVEL 1

NUT FREE

GLUTEN FREE



INGREDIENTS:

- Broccoli Florets
- Sweet Potatoes
- Chicken Breasts
- Balsamic Vinegar
- Maple Syrup
- Sweet and Smoky Spice Blend

FOR 2 PEOPLE:

- 8 oz
- 2
- 12 oz
- 2 TBSP
- 2 tsp
- 1 tsp

FOR 4 PEOPLE:

- 16 oz
- 4
- 24 oz
- 4 TBSP
- 4 tsp
- 2 tsp

HELLO

MICROWAVED SWEET POTATOES

Fluffy, tender goodness in just 10 minutes

NUTRITION PER SERVING

567 cal | Fat: 22 g | Sat. Fat: 10 g | Protein: 46 g | Carbs: 48 g | Sugar: 15 g | Sodium: 268 mg | Fiber: 8 g

START STRONG

If you don't have a microwave, you can put the sweet potatoes in the oven. Cut them into wedges, toss on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper, and bake until tender, 25-30 minutes.



BUST OUT

- Baking sheet
- Oil (2 tsp | 4 tsp)
- Butter (2½ TBSP | 5 TBSP)
(Contains: Milk)
- Large pan
- Plate



1 PREHEAT OVEN AND ROAST BROCCOLI

Wash and dry all produce.

Preheat oven to 450 degrees. Place **broccoli florets** on a baking sheet. Toss with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast until crispy and lightly browned, about 15 minutes.

2 MICROWAVE SWEET POTATOES

Meanwhile, prick **sweet potatoes** all over with a fork. Put on a plate and microwave on high until very tender, about 10 minutes.

3 SEAR CHICKEN

While **broccoli** and **sweet potatoes** cook, heat a drizzle of **oil** in a large pan over medium-high heat. Season **chicken** all over with **salt** and **pepper**. Add to pan and cook until browned and no longer pink in center, about 5 minutes per side. Remove from pan and set aside.



4 MAKE GLAZE

Add **balsamic vinegar** to pan and simmer until thickened but not completely evaporated, 1-2 minutes. Add **3 tsp maple syrup** (we sent more) and simmer until very thick and sticky, about 1 minute. Add **½ TBSP butter** and stir until melted. Return **chicken** to pan and toss to coat.

5 SPLIT SWEET POTATOES

Split **sweet potatoes** down the middle and season with **salt** and **pepper**. Top each half with **½ TBSP butter** and sprinkle with a pinch of **sweet and smoky spice blend** (to taste). Lightly mash with a fork to incorporate.

6 SERVE

Arrange **sweet potatoes** on plates with **chicken** and **broccoli**. Drizzle over any remaining glaze.

SIZZLING!

Use leftover spices to add a BBQ flavor to veg or meats.