

Seared Chicken & Roasted Sweet Potato Rounds

with Chestnut & Brussels Sprout Pan Sauce

Roasted chestnuts are one of the many reasons to love autumn cooking. In this recipe, we're harnessing their subtly sweet, earthy flavor and pairing them with tender Brussels sprout leaves to make a fragrant sauce for pan-seared chicken. (By peeling the Brussels sprouts down to their pale cores, we're treating them just like a leafy green—a process that also allows them to cook faster.) On the side, we're serving roasted sweet potato dressed with lemon-marinated onion, for a tart twist that perfectly cuts the richness of the pan sauce.



Ingredients

2 Boneless, Skinless Chicken Breasts
8 Ounces Sweet Potato
5 Ounces Brussels Sprouts
1 Lemon

1 Red Onion

Knick Knacks

3 Tablespoons Chicken Demi-Glace
2 Tablespoons Butter
2 Tablespoons All-Purpose Flour
2 Tablespoons Roasted, Peeled Chestnuts

Makes 2 Servings

About 650 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Slice the sweet potato into ¼-inch-thick rounds. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Roughly chop the chestnuts. Cut off and discard the stem ends of the Brussels sprouts. Pick off and reserve the Brussels sprout leaves until you reach the lighter cores; discard the cores. Peel, halve and thinly slice the onion; place in a bowl with **the juice of 2 lemon wedges** and toss to combine. Set aside to marinate.

2



Roast the sweet potato:

Place the **sweet potato** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 24 to 26 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a large bowl.

3



Coat & cook the chicken:

Once the sweet potato has roasted for about 10 minutes, place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Coat the seasoned chicken in the flour (tapping off any excess). In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated chicken and cook 3 to 5 minutes per side, or until golden browned and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Set the cooked chicken aside in a warm place.

4



Make the pan sauce:

While the sweet potato continues to roast, add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **chestnuts** and **Brussels sprouts**; cook, stirring occasionally, 1 to 2 minutes, or until the Brussels sprouts are bright green and softened. Add the **butter**, **demi-glace**, **the juice of the remaining lemon wedges** and ¼ cup water; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the sauce has thickened slightly. Remove from heat.

5



Dress the sweet potato:

Add the **lemon zest** and as much of the **marinated onion** as you'd like to the bowl of **roasted sweet potato**. Drizzle with olive oil and toss to thoroughly combine; season with salt and pepper to taste.

6



Plate your dish:

Divide the **cooked chicken** and **dressed sweet potato** between 2 plates. Top each with a few spoonfuls of the **pan sauce**. Enjoy!