

Chicken & Molasses Sauce

with Mashed Japanese Sweet Potato & Brussels Sprouts

PREP TIME: 10 minutes

COOK TIME: 30-40 minutes

SERVINGS: 2

In this recipe, we're dressing up chicken with an easy sauce made from a trio of sweet, tangy ingredients: molasses, ketchup and apple cider vinegar. Together, they create a delicious, well-balanced glaze, inspired by the flavors of barbecue. For an exciting side, we're mashing a Japanese sweet potato, whose starchy consistency is perfect for soaking up the sauce. (Chefs, depending on what's best at the farms near you, your sweet potato may be white or purple on the inside.)



BLUE APRON WINE PAIRING:

Uvaggio Montagna Nera Red Wine, 2015

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Ingredients



2
BONELESS, SKIN-
ON CHICKEN
THIGHS



4 cloves
GARLIC



4 oz
BRUSSELS
SPROUTS



2
SCALLIONS



½ lb
JAPANESE SWEET
POTATO

KNICK KNACKS:



3 Tbsp
KETCHUP



2 Tbsp
MOLASSES



2 Tbsp
APPLE CIDER
VINEGAR



2 Tbsp
BUTTER

Did You Know?
Molasses is a
sweet byproduct
of the sugar
refining process.



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Peel the sweet potato; halve lengthwise, then cut crosswise into 1/2-inch-thick pieces.
- ☐ Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise, then thinly slice crosswise.
- ☐ Peel and finely chop the garlic.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.



2 Cook the Brussels sprouts:

- ☐ In a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the **Brussels sprouts**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned. Add 1/4 of the **garlic** and 1/4 of the **butter**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until fragrant. Add 1/4 **cup of water** and cook, stirring occasionally, 1 to 2 minutes, or until the Brussels sprouts have softened and the water has cooked off. Turn off the heat; season with salt and pepper to taste. Transfer to a plate. Wipe out the pan.



3 Cook & mash the sweet potato:

- ☐ While the Brussels sprouts cook, add the **sweet potato** to the pot of boiling water. Cook 8 to 10 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Add the **remaining butter**. Using a fork, mash the mixture to your desired consistency. Season with salt and pepper to taste. Set aside in a warm place.



4 Cook the chicken:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down, and cook 6 to 8 minutes on the first side, or until the skin is golden brown. Flip and cook 3 to 4 minutes, or until lightly browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate.



5 Make the sauce & finish the chicken:

- ☐ To the pan of reserved fond, add the **white bottoms of the scallions** and **remaining garlic**; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **vinegar**, **molasses**, **ketchup** and **2 tablespoons of water** (be careful, as the liquid may splatter). Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- ☐ Add the **cooked chicken**. Cook, occasionally spooning the sauce over the chicken, 1 to 2 minutes, or until thoroughly coated. Turn off the heat; season the sauce with salt and pepper to taste.



6 Plate your dish:

- ☐ Divide the **mashed sweet potato**, **cooked Brussels sprouts** and **finished chicken and sauce** between 2 dishes. Garnish the chicken and sweet potato with the **green tops of the scallions**. Enjoy!