

Southern-Style Chicken & Creamy Relish

with Roasted Brussels Sprouts & Rice

2 SERVINGS | 20-30 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients



10 oz Boneless Chicken Breast Pieces

SWAPPED FOR:



8 oz Plant-Based Beyond Chicken® Breaded Tenders



1 Tbsp Hot Sauce



1 ½ Tbsps Golden Raisins



½ cup Long Grain White Rice



½ lb Brussels Sprouts



2 Tbsps Sweet Pickle Relish



1 Tbsp Southern Spice Blend¹



1 clove Garlic



¼ cup Mayonnaise



¼ cup Cornstarch



Serve with Blue Apron wine that has this symbol
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1. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the **brussels sprouts**; cut off and discard the stem ends. Halve lengthwise.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste. Place in a medium bowl; add **1 tablespoon of olive oil** and season with salt and pepper.
- In a separate, large bowl, combine the **hot sauce**, **pickle relish**, and **mayonnaise**.



2 Roast & finish the brussels sprouts

- Transfer the **halved brussels sprouts** to a sheet pan; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 15 to 17 minutes, or until lightly browned and tender when pierced with a fork.
- Transfer to the bowl of **garlic oil**; toss to coat.



↩ CUSTOMIZED STEP 2 If you chose Beyond Chicken®

- Transfer the **halved brussels sprouts** to a sheet pan; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer on one side of the sheet pan.
- Roast 8 minutes.
- Leaving the oven on, remove from the oven.

3 Cook & finish the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the **raisins**. Cover to keep warm.



4 Coat & cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Season with salt and pepper. Add the **cornstarch** and **half the spice blend** (you will have extra); toss to coat.
- In a medium pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of cornstarch sizzles immediately when added, add the **coated chicken** in an even layer (discarding any excess cornstarch). Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.
- Turn off the heat.



↩ CUSTOMIZED STEP 4 If you chose Beyond Chicken®

- Add the **tenders** in an even layer to the other side of the sheet pan of **partially roasted brussels sprouts** (you'll omit the **cornstarch** for Beyond Chicken®). Sprinkle with **half the spice blend** (you will have extra).
- Return to the oven and roast 7 to 9 minutes, or until the brussels sprouts are lightly browned and tender when pierced with a fork and the tenders are cooked through.* Remove from the oven.
- Transfer the **roasted brussels sprouts** to the bowl of **garlic oil**; toss to coat.

5 Dress the chicken & serve your dish

- Discarding any oil from the pan, carefully transfer the **cooked chicken** to the bowl of **creamy relish**; stir to coat.
- Taste, then season with salt and pepper if desired. Serve the **dressed chicken** with the **finished rice** and **finished brussels sprouts**. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose Beyond Chicken®

- Carefully transfer the **baked tenders** to the bowl of **creamy relish**; stir to coat. Taste, then season with salt and pepper if desired.
- Serve the **dressed tenders** with the **finished rice** and **finished brussels sprouts**. Enjoy!

*An instant-read thermometer should register 145°F for Beyond Chicken®.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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