

Zesty Chicken with Roasted Brussels Sprouts

Fettuccine in Creamy Porcini Sauce



Cooking Time:
35 minutes

Servings:
2 or 4

Calories:
960/serving

Ping! That's sliced chicken, pan-seared to ultimate juiciness and seasoned with citrus and chives, sending direct messages to your taste buds. It's accompanied by Brussels sprouts that undergo the oven treatment until their rims sizzle and brown. Even more irresistible: the cream-based sauce flavoured with porcini, among the mightiest and meatiest of mushrooms, clinging to the fettuccine. Put together, this recipe takes the weeknight table into wow territory.

Contains: Milk, Mustard, Sulphites, Wheat.

Ingredients

(Double for 4 portions)

- 2 Chicken breasts (or 320g chicken fillets)
- 225g Brussels sprouts
- 1 Scallion
- 1 Garlic clove
- 30g Vegetable demi-glace
- 225g Fettuccine
- 15ml Whole-grain mustard
- 7g Dried porcini mushrooms
- 60ml Heavy cream
- 13.5g Zesty Herbs spice blend (garlic, dehydrated carrots, red bell pepper, onion, chives, salt, spices, mustard, sugar, sunflower oil, lemon oil)

You'll need

- Large high-sided pan
- Large pot
- Strainer
- Sheet pan
- Oil
- 2 or 4 tbsp Butter
- Salt & pepper
- Small heatproof bowl
- Parchment paper

Our produce is fresh, please wash before cooking!



1. Mise en place

Preheat the oven to 450°F. Bring a large pot of salted water to a boil, reserving 1 cup (double for 4 portions) to hydrate the mushrooms. Halve the Brussels sprouts (or quarter if very large). Cut off and discard the root end of the scallion; thinly slice, separating the white bottom and green top. Mince the garlic. In a small heatproof bowl, combine the porcini mushrooms and reserved boiling water; let stand for at least 10 minutes.



2. Roast the Brussels sprouts

On a lined sheet pan, toss the Brussels sprouts with a drizzle of oil; season with 1/3 of the spice blend and S&P. Arrange in a single, even layer and roast in the oven, stirring halfway through, 14 to 16 minutes, until golden brown and tender. Remove from the oven and set aside in a warm spot.



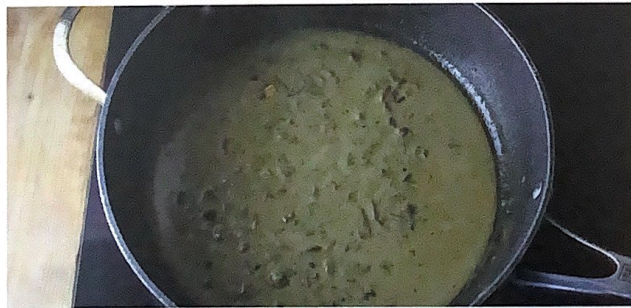
3. Boil the pasta

While the Brussels sprouts roast, add the pasta to the pot of boiling water; stir gently to separate. Boil, 10 to 12 minutes, until al dente (still slightly firm to the bite). Drain the pasta thoroughly. Toss with a drizzle of oil to prevent sticking and set aside in a warm spot.



4. Cook the chicken

While the pasta boils, in a large, high-sided pan, heat a drizzle of oil on medium-high. Pat the chicken dry with paper towel; season with 2/3 of the remaining spice blend and S&P. Add the chicken breasts* to the pan and cook, partially covered, 6 to 8 minutes per side (2 to 3 minutes per side for chicken fillets), until cooked through. Transfer to a cutting board, leaving any browned bits (or fond) in the pan. Reserve the pan. Let the chicken rest for 5 minutes before slicing it against the grain.



5. Make the pan sauce

Reserving the soaking water, drain and roughly chop the porcini mushrooms. In the reserved pan of fond, heat a drizzle of oil on medium-high. Add the white bottom of the scallion and garlic; sauté, stirring frequently, 1 to 2 minutes, until fragrant. Add the porcini mushrooms, cream, demi-glace and 1/2 the reserved soaking water; season with the remaining spice blend and S&P. Cook, stirring occasionally, 2 to 3 minutes, until slightly reduced. Stir in the whole-grain mustard and 2 tbsp butter (double for 4 portions). Cook, stirring constantly, 1 to 2 minutes, until combined.



6. Finish & serve

To the pan of sauce, add the cooked pasta; stir to combine. If the sauce seems dry, gradually add the remaining soaking water until you achieve your desired consistency. Divide the finished pasta and roasted Brussels sprouts between your plates. Top with the sliced chicken. Garnish with as much green top of the scallion as you'd like. Bon appétit!

* Health Canada recommends cooking poultry to a minimum internal temperature of 74°C.