



## TANGY MUSTARD BBQ CHICKEN

with Zucchini and Chipotle Mashed Sweet Potatoes

### WHAT WE SEND (2 servings | 4 servings)

❄️ **Keep refrigerated.**

Chicken is fully cooked when internal temperature reaches 165 degrees.



**Sweet Potatoes \***  
(2 | 4)



**Zucchini \***  
(1 | 2)



**Chicken Breasts \***  
(1 | 2)



**Chipotle Powder**  
(1 | 1)



**BBQ Sauce**  
(3 | 6)



**Dijon Mustard**  
(1 | 2)

### WHAT YOU'LL NEED

**Ketchup**  
(1 TBSP | 2 TBSP)

**Butter**  
(2 TBSP | 4 TBSP)  
*Contains milk*

**Vegetable Oil**  
(2 tsp | 4 tsp)

## CHEF'S TIP

(You) What's that, EP? You want me to BRUSH my chicken with barbecue sauce in Step 4? Huh?? (Us) Oh, hey friend! Keep that hairbrush in your bathroom cabinet. The tool we're calling for, often called a 'basting brush' in kitchen stores and online, generally has silicone or natural bristles and is awesome for coating meat. If you don't have one, a spoon and some artistry will also do the trick.



1. Wash and dry all produce. Peel and medium dice **sweet potatoes** into ½-inch pieces. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons.



2. Place **sweet potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until very tender, 12-15 minutes. Drain and return to pot; cover to keep warm.



3. Meanwhile, pat **chicken** dry with paper towels and season all over with **salt, pepper,** and **¼ tsp chipotle powder** (½ tsp for 4 servings; we sent more). Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, about 5 minutes per side. (Lower heat if browning too quickly!)



4. While chicken cooks, in a small bowl, combine **BBQ sauce, 1 TBSP ketchup** (2 TBSP for 4 servings), and as much **mustard** as you'd like. Once **chicken** is done, turn off heat and brush all over with half the sauce. (Don't have a basting brush? Use the back of your spoon!) Transfer chicken to a plate to rest. Wash out pan.



5. Heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add **zucchini** and season with **salt** and **pepper**. Cook, stirring occasionally, until browned and tender, 5-6 minutes.



6. Meanwhile, mash **drained sweet potatoes** with **2 TBSP butter** (4 TBSP for 4 servings), and a pinch of **chipotle powder**. Add a splash or two of **water**, if necessary, until smooth and creamy. Season with **salt** and **pepper**. Divide between plates along with **chicken** and **zucchini**. Serve with **remaining sauce** on the side for dipping.

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