







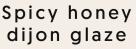
Carrot Puree



Pecan crumble



Contains gluten





## Preheat your oven to 425°. Unwrap parchment paper and remove chicken from plastic. Place chicken on parchment paper. Add brussels sprouts next to chicken and place in oven for 10 minutes.

## Remove from oven, let rest for 2 minutes. Spread spicy honey dijon glaze over chicken. Top with pecan crumble. Top brussels with parmesan cheese and return to oven for 5-10 minutes or until chicken reached 165°.

**STEP 3** Transfer carrot puree to microwave safe dish and microwave for 1-2 minutes, stirring often.

STEP 4 To plate your meal, place chicken on preferred serving dish along side brussels sprouts and carrot puree. Serve immediately.