



TABLE & TWINE



PECAN CRUSTED
CHICKEN

Chicken



Brussels



Parmesan
cheese



Carrot
Puree



Pecan
crumble



Spicy honey
dijon glaze



Contains
gluten

STEP 1

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.

STEP 2

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.