

BLACKENED CHICKEN AND BRUSSELS SPROUTS SKILLET



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Paprika	1 Tbsp.	Pepper	1/2 Tsp.
Chili Powder	1 Tsp.	Olive Oil	2 Tbsp.
Italian Seasoning	1 Tsp.	Chicken Breast	1 lb
Onion Powder	1/2 Tsp.	Brussels Sprouts	1 lb
Garlic Powder	1/2 Tsp.	Chicken Broth	1/3 Cup
Salt	1/2 Tsp.	Garlic, Minced	1 Tbsp.
		Hot Sauce	2 Tsp.



PREPARATION

- In a small bowl, mix together the chicken breast, paprika, chili powder, Italian seasoning, onion powder, garlic powder, salt, and pepper.
- Heat the olive oil in a large oven-safe skillet over medium-high heat.
- Add the chicken breast mixture to the skillet and cook for about 3-4 minutes on each side, or until brown. Remove the chicken from the skillet and set it aside on a plate.
- Add the Brussels sprouts to the skillet and cook for 3-4 minutes, stirring occasionally, until they start to brown. Add the minced garlic to the skillet and cook for another minute, until fragrant.
- Pour the chicken broth into the skillet and scrape the bottom of the pan to loosen any browned bits.
- Return the chicken breast to the skillet, nestling it among the Brussels sprouts.
- Place the skillet in the preheated oven and bake for 20-25 minutes, or until the chicken is cooked through and the Brussels sprouts are tender. Then Remove the skillet from the oven.
- Serve with Drizzle hot sauce over the chicken and Brussels sprouts.