



## Sheet Pan Sticky Chicken & Brussels Sprouts

Makes: 6 Servings

Prep Time: 15 minutes Cook Time: 20 minutes

Total Time: 35 minutes

- 1 & 1/2 pounds boneless chicken breasts, cut into 2 inch cubes
- 1 egg, beaten
- 1/4 cup all-purpose or gluten free all-purpose flour
- Kosher salt and black pepper
- 3/4 pound brussels sprouts, halved
- 6 tbsp extra virgin olive oil or sesame oil
- 2/3 cup low sodium soy sauce
- 1/3 cup pomegranate juice (equal amounts of apple cider or orange juice are great substitutes)
- 1/4 cups honey
- 2 tbsp balsamic vinegar
- 2 tbsp apple cider vinegar
- 1 tbsp molasses or pomegranate molasses
- 1 tbsp creamy peanut butter
- 2 cloves garlic, minced or grated
- 1 inch piece fresh ginger, grated
- 1 tsp crushed red pepper flakes, use more or less to taste
- Cooked rice, sesame seeds, and green onions, for serving

Preheat the oven to 475°F. Line a baking sheet with parchment paper or grease with oil.

Add the chicken, egg, and a pinch of pepper to a bowl. Toss to combine. Add the flour to another bowl. Dredge the chicken in batches through the flour, tossing to coat. Place the chicken on one side of the prepared baking sheet. Drizzle with 2 tablespoons oil. Add the brussels sprouts to the other side of the pan and toss with 2 tablespoon oil, salt, and pepper. Arrange cut side down. Bake for 12 minutes. Toss the sprouts, flip the chicken and return to the oven another 3-5 minutes, until the chicken is cooked through. Reduce the oven temperature to 400°F.

Meanwhile, combine the soy sauce, pomegranate juice, honey, balsamic vinegar, apple cider vinegar, molasses, peanut butter, garlic, ginger, and crushed red pepper flakes in a medium saucepan. Set over medium-high heat and bring the sauce to a boil. Boil 5-8 minutes, until the sauce thickens and reduces by about 1/3. Remove from the heat.

Pour half the sauce over the chicken, tossing to combine. Toss the sprouts with 1 tablespoon oil. Return everything to the oven for 3 minutes, until the sauce coats the chicken, watch close the sauce can burn.

Serve the chicken and sauce over bowls of rice topped with additional green onions, pomegranate arils, and sesame seeds. Serve the brussels sprouts on the side.

*Recipe from Half Baked Harvest*