

Parmesan-Crusted Chicken

with Roasted Broccoli & Mashed Sweet Potatoes

Tonight's chicken gets its delicious crust from a simple, savory coating of parmesan cheese and flour. We're dolloping it with a rich aioli, whose garlicky note ties together all the flavors on the plate—including our sweet potatoes, which we're cooking with another clove of garlic before mashing with a bit of butter. Along with our roasted broccoli, they make for a seasonal, wholesome side.



Blue Apron Wine Pairings

Woodridge Creek White Wine, 2015

Seigneurie de Châtillon Chardonnay, 2015

Blue Quail Riesling, 2015



Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 2 Sweet Potatoes
- 2 Cloves Garlic
- 1 Lemon
- 1 Pound Broccoli

Knick Knacks

- 3 Tablespoons All-Purpose Flour
- 2 Tablespoons Butter
- 1/3 Cup Grated Parmesan Cheese
- 1/4 Cup Mayonnaise

Makes: 4 servings

Prep Time: 10 minutes | **Cook Time:** 30-40 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut the broccoli into large florets. Peel and medium dice the sweet potatoes. Peel the garlic; leave 1 clove whole. Mince the remaining garlic clove; using the flat side of your knife, smash until it resembles a paste (or use a zester). Quarter and deseed the lemon.

2



Roast the broccoli:

Place the **broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Roast 22 to 24 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Set aside in a warm place.

3



Cook & mash the sweet potatoes:

While the broccoli roasts, add the **sweet potatoes** and **whole garlic clove** to the pot of boiling water. Cook 14 to 16 minutes, or until the sweet potatoes are tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **butter** and a drizzle of olive oil. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.

4



Make the aioli:

While the sweet potatoes cook, in a bowl, combine the **mayonnaise** and **as much of the garlic paste as you'd like**; season with salt and pepper to taste.

5



Coat & cook the chicken:

While the sweet potatoes continue to cook, on a plate, combine the **flour** and **half the cheese**; season with salt and pepper. Pat the **chicken** dry with paper towels; season both sides with salt and pepper. Working 1 piece at a time, thoroughly coat the chicken in the flour-cheese mixture (tapping off any excess). In a large pan (nonstick, if you have one), heat a thin layer of oil on medium until hot. Once hot enough that a pinch of flour sizzles immediately when added, add the coated chicken. Cook 4 to 6 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

6



Plate your dish:

Divide the **mashed sweet potatoes**, **cooked chicken** and **roasted broccoli** between 4 dishes. Top the chicken with spoonfuls of the **aioli**. Garnish the broccoli with the **remaining cheese**. Serve with the **lemon wedges** on the side. Enjoy!