

Honey-Mustard Chicken

with Roasted Winter Vegetables

PREP TIME: 15 minutes

COOK TIME: 20-30 minutes

SERVINGS: 4

Tonight's simple, seasonal recipe offers plenty of crowd-pleasing flavor. Sweetened up in the oven, a medley of Brussels sprouts, cauliflower and carrots makes for a hearty accompaniment to our chicken. We're coating the chicken with a blend of flour and warm spices, then serving it with a classic honey-mustard sauce (made with sweet honey and sharp Dijon) for dipping or drizzling.



BLUE APRON WINE PAIRING:

Seigneurie de Chatillon
Chardonnay, 2015

Order wine and view other perfect pairings
at blueapron.com.



Ingredients



4
BONELESS,
SKINLESS CHICKEN
BREASTS



1 head
CAULIFLOWER

Did You Know?
The leaves of white cauliflower grow over the head, blocking out sunlight, which is why it's white.



2
CARROTS



1 bunch
PARSLEY



1/2 lb
BRUSSELS SPROUTS

KNICK KNACKS:



3 Tbsp
DIJON MUSTARD



1 Tbsp
HONEY



1/4 cup
HONEY MUSTARD
SPICE BLEND



1/3 cup
ROASTED
ALMONDS



1/4 cup
WHITE WINE
VINEGAR



Download our iOS app or log in to blueapron.com
for how-to videos and supplier stories.



1 Prepare the ingredients:

- ☒ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut out and discard the core of the cauliflower; cut into bite-sized florets.
- ☐ Peel the carrots; halve lengthwise, then cut crosswise into 1/2-inch-thick pieces.
- ☐ Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise.
- ☐ Roughly chop the almonds.
- ☐ Finely chop the parsley leaves and stems.

2 Roast the vegetables:

- ☐ Place the **cauliflower**, **carrots** and **Brussels sprouts** on a sheet pan; drizzle with **1 1/2 tablespoons of olive oil** and season with salt and pepper. Toss to thoroughly coat. Arrange in a single, even layer.
- ☐ Roast 18 to 20 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3 Coat & cook the chicken:

- ☐ Once the vegetables have roasted for about 5 minutes, place the **spice blend** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned chicken with the spice blend (tapping off any excess). Transfer to a separate plate.
- ☐ In a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot. Add the coated chicken and cook 4 to 6 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate and set aside in a warm place.

4 Finish the vegetables:

- ☐ Add the **roasted vegetables** and **vinegar** to the pan of reserved fond (be careful, as the vinegar may splatter). Cook on medium-high, scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until thoroughly combined. Turn off the heat and stir in the **almonds** and **all but a pinch of the parsley**; season with salt and pepper to taste.

5 Make the honey-mustard sauce:

- ☐ In a bowl, combine the **honey** and **mustard**; season with salt and pepper to taste. Transfer to a serving dish.

6 Serve your dish:

- ☐ Divide the **finished vegetables** between 4 dishes and top with the **cooked chicken**. Garnish with the **remaining parsley**. Serve with the **honey-mustard sauce** on the side. Enjoy!

