

Crispy Curry Chicken & Roasted Vegetables

with Coconut Rice & Creamy Tomato Chutney

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



In this delightful dish, we're coating chicken with dijon mustard and vadouvan curry powder, then parmesan breadcrumbs for sharp, zesty flavor. It's served alongside roasted cabbage and poblanos and creamy coconut rice.

Ingredients

- | | |
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|  4 Boneless, Skinless Chicken Breasts |  1 Tbsp Dijon Mustard |
|  1 cup Sushi Rice |  ¼ cup Mayonnaise |
|  1 13.5-oz can Light Coconut Milk |  2 Tbsps Savory Tomato Chutney |
|  1 lb Green or Red Cabbage |  ¼ cup Grated Parmesan Cheese |
|  2 Poblano Peppers |  1 Tbsp Vegetarian Ponzu Sauce |
|  4 Tbsps Butter |  2 tsps Vadouvan Curry Powder |
|  1 ½ cups Panko Breadcrumbs | |



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.
blueapron.com/wine

1 Prepare the ingredients & make the creamy chutney

- Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cabbage**; medium dice the leaves.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **mayonnaise**, **2 tablespoons of the coconut milk**, and **as much of the tomato chutney as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



2 Prepare & bread the chicken

- Line a sheet pan with foil.
- In a medium pot, heat the **butter** on **medium** until melted (or melt in a large bowl in the microwave).
- Reserving the pot, transfer to a large bowl. Add the **curry powder** and **mustard**; whisk until thoroughly combined. Season with salt and pepper.
- On a large plate, combine the **breadcrumbs** and **cheese**; season with salt and pepper.
- Pat the **chicken** dry with paper towels; season on both sides with salt and pepper.
- Working one piece at a time, thoroughly coat the **seasoned chicken** in the **spiced butter** (letting the excess drip off), then in the **seasoned breadcrumbs** (pressing gently to adhere).
- Transfer the breaded chicken to the sheet pan.



3 Roast the chicken

- Drizzle the **breaded chicken** with **olive oil**.
- Place on the upper oven rack and roast 19 to 21 minutes, or until browned and cooked through.* Remove from the oven.



4 Roast & finish the vegetables

- Meanwhile, transfer the **diced cabbage** and **diced peppers** to a separate sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat. Arrange in an even layer.
- Place on the lower oven rack and roast 17 to 19 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven. Evenly top with the **ponzu sauce**; carefully stir to coat. Taste, then season with salt and pepper if desired.



5 Make the coconut rice & serve your dish

- Meanwhile, in the same medium pot used to melt the butter, combine the **rice**, **a big pinch of salt**, and **1 1/4 cups of the coconut milk** (you will have extra). Stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the liquid has been absorbed and the rice is tender. Turn off the heat and fluff with a fork.
- Serve the **roasted chicken** with the **coconut rice** and **finished vegetables**. Top the chicken with the **creamy chutney**. Enjoy!



*An instant-read thermometer should register 165°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 780, Total Carbohydrates: 69g, Dietary Fiber: 4g, Added Sugars: 1g, Total Fat: 34g, Saturated Fat: 13g, Protein: 49g, Sodium: 1390mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: See Ingredient Packaging for Allergen(s).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC
New York, NY 10005

