

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

- 4 Boneless, Skinless Chicken Breasts
- 1 cup Sushi Rice
- 1 13.5-oz can Light Coconut Milk
- 1 lb Green or Red Cabbage
- b 2 Poblano Peppers
- 4 Tbsps Butter
- 1 ¼ cups Panko Breadcrumbs

- 6 1 Tbsp Dijon Mustard
- 1/4 cup Mayonnaise
- 2 Tbsps Savory Tomato Chutney
- ½ cup Grated Parmesan Cheese
- 1 Tbsp Vegetarian Ponzu Sauce
- 🐞 2 tsps Vadouvan Curry Powder



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

blueapron.com/wine

Prepare the ingredients & make the creamy chutney

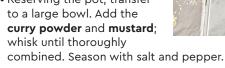
- Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- · Wash and dry the fresh produce.
- Cut out and discard the core of the cabbage; medium dice the leaves.



- 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



- 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.

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 11/4 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.



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).



