

# Honey Mustard Baked Chicken

with Smoky Smashed Potatoes

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com




## Ingredients


 2 Boneless, Skinless Chicken Breasts

 1 Shallot

 ¼ cup Sour Cream

 2 Tbsps Sweet Pickle Relish


 ¾ lb Golden Potatoes

 1 oz Sliced Roasted Red Peppers


 2 tsps Honey

 1 Tbsp Dijon Mustard

 1 bunch Collard Greens or Kale

 ¾ cup Panko Breadcrumbs

 1 Tbsp Apple Cider Vinegar

 1 Tbsp Smoky Spice Blend<sup>1</sup>



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



14 11 8

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

To learn more about WW and SmartPoints visit [www.ww.com](https://www.ww.com). The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder



## 1 Prepare the ingredients & make the pepper relish

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Large dice the **potatoes**.
- Separate the **collard green or kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel and thinly slice the **shallot**.
- Roughly chop the **peppers**; place in a bowl. Add the **pickle relish** and stir to combine.



## 2 Cook & smash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork.
- Turn off the heat. Drain thoroughly and return to the pot.
- Add the **sour cream**, **half the spice blend**, and **1 teaspoon of olive oil**; stir gently to combine. Using a fork or potato masher, lightly smash the potatoes.
- Taste, then season with salt and pepper if desired.
- Cover to keep warm.



## 3 Prepare the foil packet

- Meanwhile, line a sheet pan with foil.
- Place a separate large, rectangular piece of foil on a work surface.
- In a large bowl, combine the **chopped collard greens or kale**, **sliced shallot**, and **1 teaspoon of olive oil**; season with salt and pepper. Stir to thoroughly combine.
- Transfer to one side of the foil piece; top with **1 tablespoon of water**. Fold the foil in half over the **prepared greens**. Roll and crimp the 3 open edges inwards to completely seal the packet.
- Transfer to one side of the sheet pan.



## 4 Prepare & bake the chicken

- In a bowl, whisk together the **honey** (kneading the packet before opening) and **mustard**.
- In a separate bowl, combine the **breadcrumbs** and **2 teaspoons of olive oil**; season with salt and pepper.
- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **remaining spice blend**.
- Transfer to the other side of the sheet pan of **foil packet greens**.
- Evenly spread or brush the **honey mustard** onto the chicken, then top with the **seasoned breadcrumbs** (pressing to adhere).
- Bake the chicken and greens 19 to 21 minutes, or until the topping is browned and the chicken is cooked through.\*
- Remove from the oven.



## 5 Finish the greens & serve your dish

- Carefully open the packet of **cooked collard greens or kale**; stir in the **vinegar**. Taste, then season with salt and pepper if desired.
- Serve the **baked chicken** with the **smashed potatoes** and **finished greens**. Garnish the chicken with the **pepper relish**. Enjoy!



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

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 600, Total Carbohydrates: 60g, Dietary Fiber: 9g, Added Sugars: 8g, Total Fat: 20g, Saturated Fat: 5g, Protein: 48g, Sodium: 1340mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

