

Honey Mustard Baked Chicken

with Smoky Smashed Potatoes

4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
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Ingredients

 4 Boneless, Skinless Chicken Breasts

 1 Shallot

 ½ cup Sour Cream

 ¼ cup Sweet Pickle Relish


 1 ¼ lbs Golden Potatoes

 2 oz Sliced Roasted Red Peppers


 4 tsps Honey

 2 Tbsps Dijon Mustard

 1 bunch Collard Greens or Kale

 1 ¼ cups Panko Breadcrumbs

 1 Tbsp Apple Cider Vinegar

 1 Tbsp Smoky Spice Blend¹



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



15 13 10

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.

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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**; 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**; gently stir 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 tablespoon of olive oil**; season with salt and pepper. Toss to thoroughly combine.
- Transfer to one side of the foil piece; top with **2 tablespoons 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, combine the **honey** (kneading the packet before opening) and **mustard**.
- In a separate bowl, combine **half the breadcrumbs** (you will have extra) and **1 tablespoon 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 **seasoned chicken**, then top with the **seasoned breadcrumbs** (pressing gently 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: 550, Total Carbohydrates: 51g, Dietary Fiber: 7g, Added Sugars: 8g, Total Fat: 18g, Saturated Fat: 5g, Protein: 47g, Sodium: 1330mg.

**For information about our wellness labels visit us at 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.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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