

# Sheet Pan Panko-Crusted Chicken

with Vegetables & Maple-Mustard Sauce

2 SERVINGS | 25-35 MINS

 **Blue Apron**  
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## Ingredients

 2 Boneless, Skinless Chicken Breasts

 1  $\frac{3}{4}$  cups Panko Breadcrumbs


 1 Tbsp Dijon Mustard

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


  $\frac{1}{2}$  lb Sweet Potato

 2 Tbsps Butter

 2 Tbsps Mayonnaise

  $\frac{1}{2}$  lb Brussels Sprouts

  $\frac{1}{4}$  cup Grated Parmesan Cheese

 1  $\frac{1}{2}$  Tbsps Maple Syrup



Serve with Blue Apron wine that has this symbol  
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1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder



## 1 Prepare the vegetables

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Transfer to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Medium dice the **sweet potato**.
- Transfer to a separate sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.



For easier cleanup, line your sheet pans with foil or parchment paper.

## 2 Coat the chicken

- Place the **butter** in a large bowl; melt in the microwave (or melt in a small pot, then transfer to a large bowl). Stir in the **spice blend** and **half the mustard**; 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 with salt and pepper on both sides.
- 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 to adhere).
- Transfer the **coated chicken** to the other side of the sheet pan of **prepared brussels sprouts**; drizzle with **olive oil**.



## 3 Roast the chicken & vegetables

- Roast the **prepared chicken** and **brussels sprouts** and **prepared sweet potato** 19 to 21 minutes, or until the vegetables are tender when pierced with a fork and the chicken is cooked through.\*
- Remove from the oven.



## 4 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **mayonnaise**, **maple syrup**, and **remaining mustard**; season with salt and pepper.
- Serve the **roasted chicken** with the **roasted vegetables**. Top with the **sauce**. Enjoy!



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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

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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