

# **Ingredients**



2 Boneless, Skinless Chicken Breasts



1 ¼ cups Panko Breadcrumbs



1 Tbsp Dijon Mustard



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



1/2 lb Sweet Potato



2 Tbsps Butter



2 Tbsps Mayonnaise



½ lb Brussels Sprouts



½ cup Grated Parmesan Cheese



1 ½ Tbsps Maple Syrup



## 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.

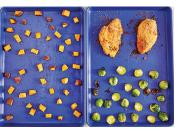


#### 2 Coat the chicken

- 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.
- $\bullet$  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.

Produced in a facility that processes crustacean shellfish,