

# Crispy Baked Chicken

with Romesco Rice & Preserved Lemon Sauce

4 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com




 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at [blueapron.com](https://blueapron.com) for ingredients (denoted with an ) and instructions tailored to you.\*





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


## Ingredients

 4 Boneless, Skinless Chicken Breasts 

 ½ lb Brussels Sprouts

 6 oz Shishito Peppers

 1 ¾ cups Panko Breadcrumbs

 1 Tbsp Spanish Spice Blend<sup>2</sup>


 4 Skin-On Salmon Fillets 


 2 oz Butter

 ¾ cup Grated Romano Cheese

 1 tsp Preserved Lemon Purée

 1 cup Long Grain White Rice

 2 Tbsps Dijon Mustard

 ¼ cup Romesco Sauce<sup>1</sup>

 ¼ cup Mayonnaise

1. contains almonds 2. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon  
\*Ingredients may be replaced and quantities may vary.



## 1 Prepare & coat the chicken

- Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- Line two sheet pans with foil.
- Melt the butter in a large bowl in the microwave (or melt in a medium pot on the stove, then transfer to a large bowl).
- Whisk in the **spice blend** and **mustard** until thoroughly combined; 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 mustard butter** (letting the excess drip off), then in the **seasoned breadcrumbs** (pressing to adhere).
- Transfer to one sheet pan; arrange in an even layer.



### CUSTOMIZED STEP 1 *If you chose Salmon*

- Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- Line two sheet pans with foil.
- Melt the butter in a bowl in the microwave (or melt in a medium pot on the stove, then transfer to a bowl).
- Whisk in the **spice blend** and **mustard** until thoroughly combined; season with salt and pepper.
- In a separate bowl, combine the **breadcrumbs** and **cheese**; season with salt and pepper.
- Lightly coat one sheet pan with a drizzle of **olive oil**.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides. Place the **seasoned fish** on the oiled sheet pan, skin side down.
- Evenly top with the **spiced mustard butter** and **seasoned breadcrumbs** (pressing to adhere). Season with salt and pepper.

## 2 Bake the chicken

- Drizzle the **coated chicken** with **olive oil**.
- Place on the upper oven rack. Bake 18 to 20 minutes, or until the breadcrumbs are browned and the chicken is cooked through.\*
- Remove from the oven.



### CUSTOMIZED STEP 2 *If you chose Salmon*

- Drizzle the **coated fish** with **olive oil**.
- Place on the upper oven rack. Bake 15 to 17 minutes, or until the breadcrumbs are browned and the fish is cooked through.\* Remove from the oven.

## 3 Cook & finish the rice

- Meanwhile, in a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the **romesco sauce** until combined. Taste, then season with salt and pepper if desired.



## 4 Prepare & roast the vegetables

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Transfer to the remaining sheet pan; add the **peppers**. Drizzle with **1 tablespoon of olive oil**; season with salt and pepper. Toss to coat. Arrange in an even layer.
- Place on the lower oven rack. Roast 12 to 14 minutes, or until the peppers are slightly blistered and the vegetables are tender when pierced with a fork.
- Remove from the oven.



## 5 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **mayonnaise**, **lemon purée**, and **1 tablespoon of water**; season with salt and pepper. Stir to thoroughly combine.
- Serve the **baked chicken** with the **finished rice** and **roasted vegetables**. Drizzle the chicken with the **sauce**. Enjoy!



### CUSTOMIZED STEP 5 *If you chose Salmon*

- Make the sauce and serve your dish as directed with the **baked fish** (instead of chicken).

\*An instant-read thermometer should register 165°F for chicken and 145°F for salmon.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at 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.

Blue Apron, LLC, New York, NY 10005

   Share your photos with #blueapron



050321, FPP/FR08