



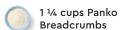
# Serve with Blue Apron wine that has this symbol blueapron.com/wine

#### **Ingredients**





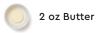




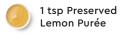




F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or









1 cup Long Grain

White Rice

#### 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.



