

# Parmesan-Crusted Chicken

*with Mashed Sweet Potatoes & Roasted Broccoli*

**TIME:** 25-35 minutes

**SERVINGS:** 4

In this simple, seasonal recipe, you'll coat chicken in a combination of flour, parmesan cheese, and savory spices before pan-searing it. We're adding more of the same spices to a bright, creamy sauce, perfect for spooning over the chicken and broccoli.

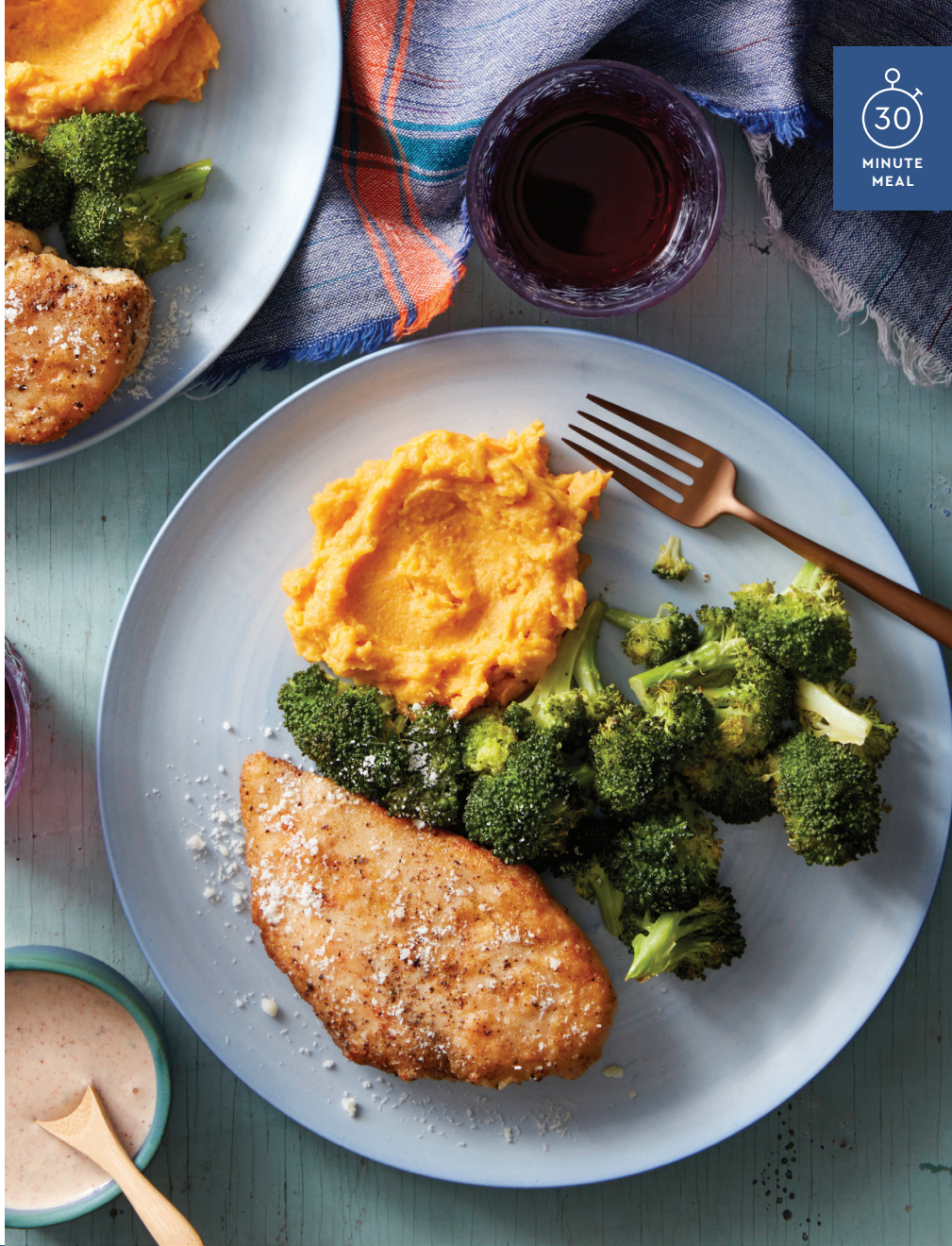


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## Ingredients



4  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



2  
SWEET POTATOES



1/4 cup  
ALL-PURPOSE  
FLOUR



1/2 cup  
GRATED  
PARMESAN  
CHEESE



2 Tbsps  
BUTTER



1  
LEMON



1 lb  
BROCCOLI



1/4 cup  
MAYONNAISE



1 Tbsp  
WEEKNIGHT  
HERO SPICE  
BLEND\*

\* Garlic Powder, Onion Powder, Smoked Paprika, & Whole Dried Parsley



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## 1 Prepare the ingredients:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small pieces, keeping the florets intact.
- ☐ Quarter and deseed the **lemon**.
- ☐ Peel and medium dice the **sweet potatoes**.

## 2 Roast the broccoli:

- ☐ Place the **broccoli pieces** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven.
- ☐ Evenly top with the **juice of 2 lemon wedges**.



## 3 Cook & mash the sweet potatoes:

- ☐ While the broccoli roasts, add the **diced sweet potatoes** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat.
- ☐ Drain thoroughly and return to the pot. Add the **butter** and a drizzle of olive oil. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Cover to keep warm.

## 4 Coat the chicken:

- ☐ While the sweet potatoes cook, on a large plate, combine the **flour**, **half the cheese**, and **all but a pinch of the spice blend**; 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 flour mixture (tapping off any excess). Transfer to a separate plate.



## 5 Cook the chicken:

- ☐ While the sweet potatoes continue to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated chicken** and cook 5 to 7 minutes per side, or until golden brown and cooked through. Turn off the heat.



## 6 Make the sauce & serve your dish:

- ☐ While the chicken cooks, in a bowl, combine the **mayonnaise**, **remaining spice blend**, and the **juice of the remaining lemon wedges**; season with salt and pepper to taste.
- ☐ Serve the **cooked chicken**, **roasted broccoli**, and **mashed sweet potatoes** with the sauce on the side. Garnish the chicken with the **remaining cheese**. Enjoy!

