

Sheet Pan Fried Chicken

with Sweet Potato Wedges & Barbecue Mayo

TIME: 40-50 minutes

SERVINGS: 4

In this lighter take on a family favorite, we're baking breaded, spiced chicken thighs until deliciously crispy and smoky. A combination of tangy-sweet barbecue sauce and creamy mayonnaise is perfect for spooning over the chicken or the roasted sweet potato wedges on the side.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



1 1/2 lbs
BONELESS,
SKINLESS
CHICKEN THIGHS



2
CAGE-FREE
FARM EGGS



1 1/4 cups
PANKO
BREADCRUMBS



1 lb
SWEET POTATOES



2
ZUCCHINI



1 clove
GARLIC



1/4 cup
BARBECUE SAUCE



2 Tbsps
MAYONNAISE



1
SHALLOT



1 Tbsp
APPLE CIDER
VINEGAR



1 Tbsp
SMOKY SPICE
BLEND*



1 Tbsp
HONEY

* Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder, & Onion Powder



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1 Prepare the ingredients & marinate the shallot:

- ☐ Remove the **honey** from the refrigerator to bring to room temperature.
- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the **sweet potatoes** lengthwise into 1/2-inch-wide wedges.
- ☐ Cut the **zucchini** crosswise into 1/2-inch-thick rounds.
- ☐ Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Peel the **shallot** and finely chop to get 2 tablespoons (you may have extra). Place in a large bowl. Add the **honey** (kneading the packet before opening), **vinegar**, and **1 tablespoon of olive oil**; season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes.



2 Start the sweet potatoes:

- ☐ Line a sheet pan with aluminum foil. Place the **sweet potato wedges** on the foil. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer, skin side down, on one side of the sheet pan.
- ☐ Roast 14 minutes, or until slightly tender when pierced with a fork. Leaving the oven on, remove from the oven.

3 Bread the chicken:

- ☐ While the sweet potatoes roast, crack the **eggs** into a large bowl; season with salt and pepper. Beat until smooth. On a large plate, combine the **breadcrumbs** and **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 beaten eggs (letting any excess drip off), then in the breadcrumb-spice blend mixture (pressing to adhere).

4 Bake the chicken:

- ☐ While the sweet potatoes continue to roast, line a separate sheet pan with aluminum foil. Transfer the **breaded chicken** to the sheet pan and drizzle with olive oil.
- ☐ Bake, rotating the sheet pan halfway through, 22 to 24 minutes, or until golden brown and cooked through. Remove from the oven.

5 Roast the vegetables & dress the zucchini:

- ☐ While the chicken bakes, place the **sliced zucchini** in a bowl. Drizzle with olive oil and season with salt and pepper; toss to coat. Carefully arrange in an even layer on the other side of the sheet pan of **roasted sweet potatoes**.
- ☐ Return to the oven and roast 16 to 18 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.
- ☐ Carefully transfer the roasted zucchini to the bowl of **marinated shallot**; gently toss to coat.

6 Make the sauce & serve your dish:

- ☐ While the sweet potatoes and zucchini roast, in a bowl, combine the **barbecue sauce**, **mayonnaise**, and **as much of the garlic paste as you'd like**; season with salt and pepper.
- ☐ Serve the **baked chicken** with the **roasted sweet potato wedges**, **dressed zucchini**, and sauce on the side. Enjoy!

