

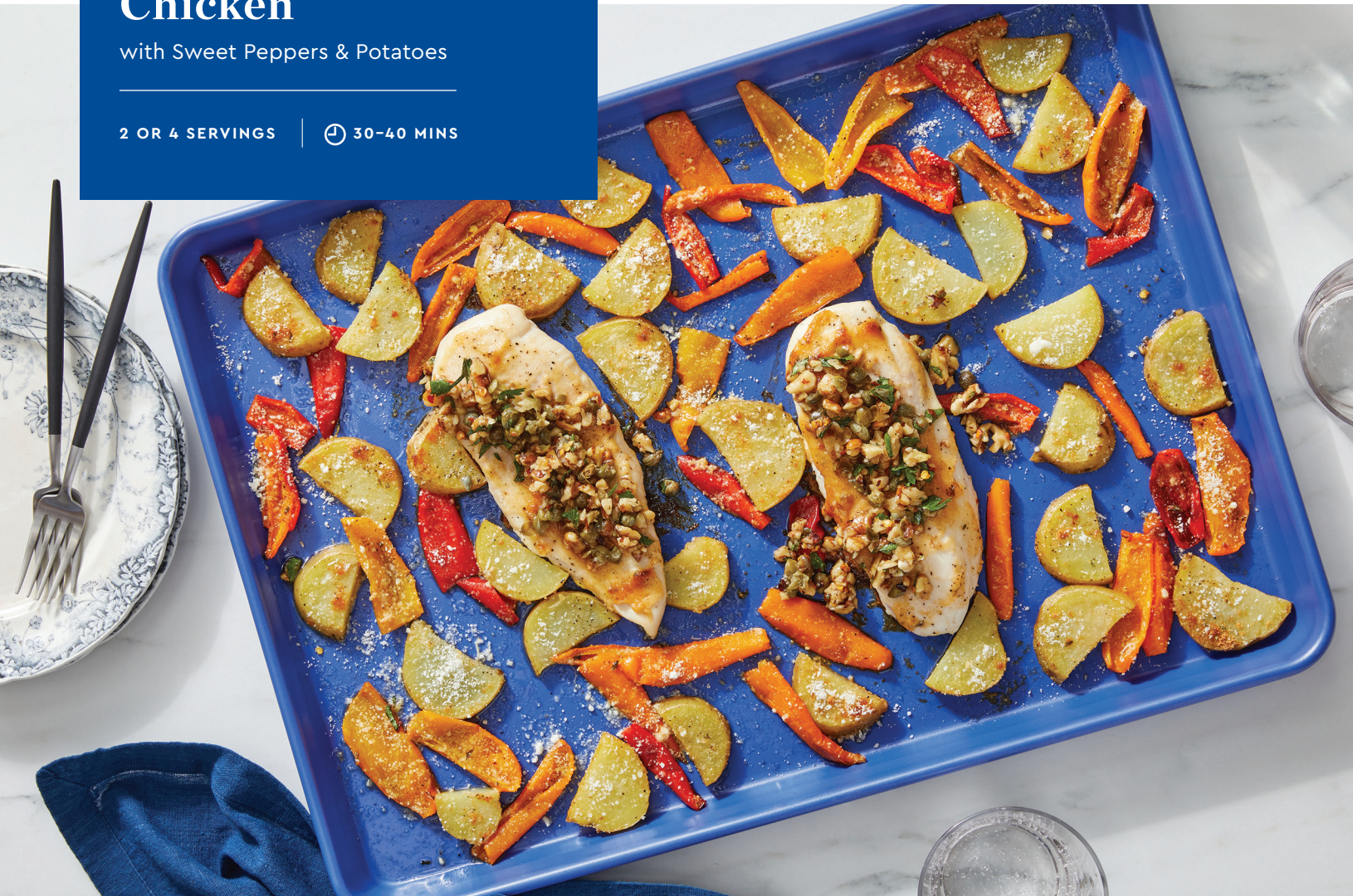
# Sheet Pan Walnut-Caper Chicken

with Sweet Peppers & Potatoes


2 OR 4 SERVINGS


⌚ 30-40 MINS


 **Blue Apron**  
blueapron.com




## Ingredients


 2 Boneless, Skinless Chicken Breasts or 4 for 4 servings


 1 clove Garlic

  $\frac{1}{4}$  cup Roasted Walnuts or  $\frac{1}{2}$  cup for 4 servings


 2 Tbsps Mayonnaise or  $\frac{1}{4}$  cup for 4 servings


 1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>

 4 oz Sweet Peppers or  $\frac{1}{2}$  lb for 4 servings


 1 Tbsp Capers or 2 Tbsps for 4 servings


  $\frac{1}{4}$  cup Grated Parmesan Cheese

 1 Tbsp Sherry Vinegar or 2 Tbsps for 4 servings

  $\frac{3}{4}$  lb Potatoes or 1  $\frac{1}{2}$  lbs for 4 servings

 1 bunch Parsley

 2 tsps Honey or 1 Tbsp for 4 servings

  $\frac{1}{4}$  tsp Crushed Red Pepper Flakes



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

## Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

<sup>1</sup>. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Halve the **potatoes** lengthwise, then cut crosswise into 1/4-inch pieces.
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise.
- In a bowl, combine the **mayonnaise** and **half the spice blend**; season with salt and pepper.



## 2 Roast the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- Transfer to a sheet pan. Evenly top with the **spiced mayo**.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.\*
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

## 3 Roast the vegetables

- Meanwhile, transfer the **potato pieces** and **quartered peppers** to a separate sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **remaining spice blend**.
- Roast 15 to 17 minutes *or 17 to 19 minutes if you're cooking 4 servings*, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



## 4 Make the walnut-caper topping

- Meanwhile, roughly chop the **capers**.
- Finely chop the **walnuts**.
- Roughly chop the **parsley** leaves and stems.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **honey** (kneading the packet before opening), **chopped capers**, **chopped walnuts**, **chopped parsley**, **2 tablespoons of olive oil**, **as much of the garlic paste as you'd like**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Stir to combine.



## 5 Finish & serve your dish

- Evenly top the **roasted vegetables** with the **vinegar** and **cheese**; carefully stir to coat.
- Serve the **roasted chicken** with the **finished vegetables**. Top the chicken with the **walnut-caper topping**. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.