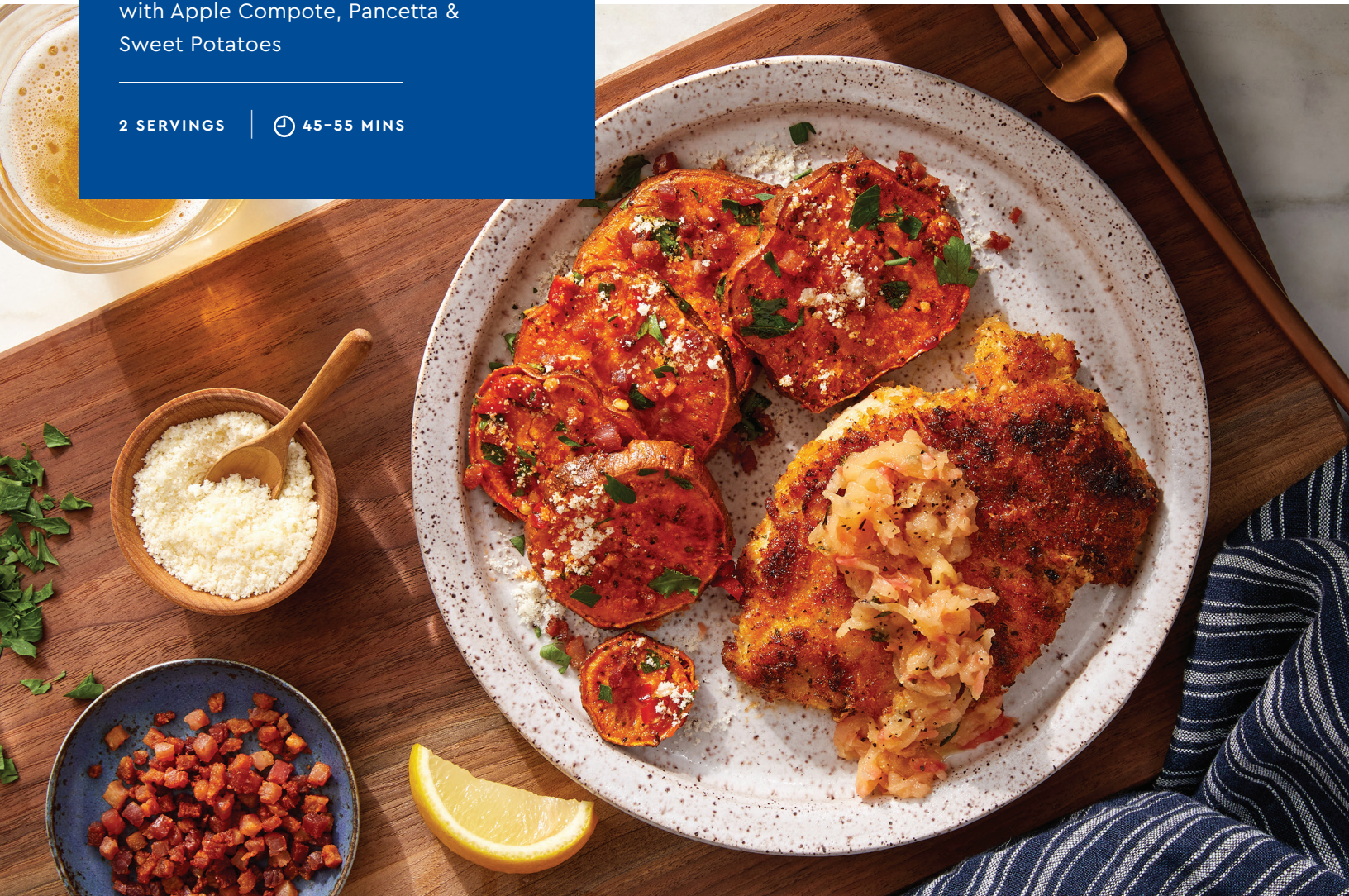


Pan-Fried Crispy Chicken

with Apple Compote, Pancetta & Sweet Potatoes


2 SERVINGS | 45-55 MINS

 **Blue Apron**
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Ingredients


 2 Boneless, Skinless Chicken Breasts


 ¾ cup Panko Breadcrumbs

 1 Lemon

 ¾ cup Grated Parmesan Cheese


 1 Tbsp Apple Cider Vinegar


 3 oz Diced Pancetta

 1 lb Sweet Potatoes


 1 bunch Thyme


 1 Tbsp Honey

 1 Tbsp Weeknight Hero Spice Blend¹

 1 Pasture-Raised Egg

 1 Apple

 1 bunch Parsley

 1 ½ tps Calabrian Chile Paste

WHY WE LOVE THIS DISH

To create the deliciously crispy exterior for chicken breasts, you'll pound the chicken until thin, then coat with airy panko breadcrumbs and cook to crispy perfection—all served with an irresistible fall topping of sweet apple and aromatic sage cooked in the pan with rich pancetta fond for a savory boost of flavor.



Serve with Blue Apron wine that has this symbol
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¹. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the dressing

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **sweet potatoes** into ½-inch rounds.
- Grate the **apple** on the large side of a box grater, discarding the core.
- Pick the **thyme** leaves off the stems.
- Roughly chop the **parsley** leaves and stems.
- Quarter and deseed the **lemon**.
- In a large bowl, combine **the juice of 2 lemon wedges, half the chopped parsley, 1 tablespoon of olive oil, and as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.



2 Roast the sweet potatoes

- Line a sheet pan with foil.
- Place the **sweet potato rounds** on the foil. Drizzle with **olive oil** and season with salt, pepper, and **half the spice blend**; toss to coat. Arrange in an even layer.
- Roast 23 to 25 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



3 Cook the pancetta & make the apple compote

- Meanwhile, in a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **pancetta**. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a paper towel-lined plate.
- To the pan, add the **grated apple, thyme leaves, and 1 tablespoon of water** (carefully, as the liquid may splatter). Season with salt and pepper. Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until softened.



Step 3 continued:

- Add the **honey** (kneading the packet before opening) and **vinegar**. Cook, stirring frequently, 2 to 3 minutes, or until most of the liquid has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.

4 Bread the chicken

- Pat the **chicken** dry with paper towels. Place between two sheets of plastic wrap on a sturdy surface.
- Using the bottom of a heavy pan (or a meat mallet), pound the chicken to about a ¼-inch thickness. Remove and discard the plastic wrap.
- Season with salt and pepper on both sides.
- Crack the **egg** into a shallow bowl; season with salt and pepper and beat until smooth.
- Place the **breadcrumbs** and **remaining spice blend** on a large plate; stir to combine.
- Working one piece at a time, thoroughly coat the **seasoned chicken** in the **beaten egg** (letting any excess drip off), then in the **seasoned breadcrumbs** (pressing to adhere).



5 Cook the chicken

- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added, add the **breaded chicken** (tapping off any excess). Cook 4 to 5 minutes per side, or until golden brown and cooked through.*
- Transfer to a paper towel-lined plate; immediately season with salt.



6 Dress the sweet potatoes & serve your dish

- Add the **roasted sweet potatoes** to the bowl of **dressing**; toss to coat.
- Serve the **cooked chicken** with the **dressed sweet potatoes** on the side. Top the chicken with the **apple compote**. Garnish the sweet potatoes with the **cooked pancetta, cheese, and remaining chopped parsley**. Serve the **remaining lemon wedges** on the side. Enjoy!



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

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

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

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