

Crispy Panko Chicken & Dijonnaise

with Mashed Potatoes & Pancetta-Roasted Brussels Sprouts

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients



2 Boneless, Skinless Chicken Breasts



¾ lb Potatoes



1 bunch Chives



2 Tbsps Crème Fraîche



½ cup Almond Flour



3 oz Diced Pancetta



½ lb Brussels Sprouts



1 Apple



¼ cup Dijonnaise



2 Tbsps Sliced Roasted Almonds



1 Pasture-Raised Egg



1 oz Sweet Drop Peppers



1 oz Garlic & Herb Spreadable Butter



1 ¼ cups Panko Breadcrumbs



1 Tbsp Southern Spice Blend¹

WHY WE LOVE THIS DISH

To pair with our crispy chicken—made by thinly pounding the chicken and then coating it with airy panko breadcrumbs and tender almond flour—we're using rich pancetta to roast alongside crispy brussels sprouts and sweet apple for incredibly savory depth of flavor.



Serve with Blue Apron wine that has this symbol
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¹. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **spreadable butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Core and medium dice the **apple**.
- Thinly slice the **chives**.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **crème fraîche** and **softened butter**. Using a fork or potato masher, mash to your desired consistency.
- Taste, then season with salt and pepper if desired. Cover to keep warm.



3 Roast the brussels sprouts, apple & pancetta

- Meanwhile, place the **halved brussels sprouts**, **diced apple**, and **pancetta** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 15 to 17 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven. Add the **peppers** and carefully stir to combine.



4 Pound & bread the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Place between two sheets of plastic wrap on a sturdy work surface.
- Using the bottom of a heavy pan (or a meat mallet), pound the chicken to a $\frac{1}{4}$ -inch thickness.
- Remove and discard the plastic wrap. Season with salt and pepper on both sides.
- Place the **almond flour** and **spice blend** on a plate and season with salt and pepper; stir to combine.
- Place the **breadcrumbs** on a separate, large plate and season with salt and pepper.
- Crack the **egg** into a shallow bowl; season with salt and pepper and beat until smooth.
- Working one piece at a time, thoroughly coat the **seasoned chicken** in the **seasoned almond flour** (tapping off any excess), then in the **beaten egg** (letting the excess drip off), then in the **seasoned breadcrumbs** (pressing to adhere).
- Transfer to a plate.



5 Cook the chicken & serve your dish

- In a large pan (nonstick, if you have one), 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.
- Serve the **cooked chicken** with the **mashed potatoes** and **finished brussels sprouts, apple, and pancetta**. Top the chicken with the **dijonnaise**. Top the brussels sprouts with the **almonds**. Garnish with the **sliced chives**. 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.

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