

# Sheet Pan Panko Chicken

with Vegetables & Maple-Mustard Sauce

2 SERVINGS


⌚ 25-35 MINS


 **Blue Apron**  
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## Ingredients


 2 Boneless, Skinless Chicken Breasts

 ½ lb Brussels Sprouts

 1 ½ Tbsps Spicy Maple Syrup

 1 Tbsp Smoky Spice Blend<sup>1</sup>

 1 ¼ cups Panko Breadcrumbs

 1 oz Salted Butter

 1 Tbsp Dijon Mustard

 ½ lb Sweet Potato

 ¼ cup Grated Parmesan Cheese

 2 Tbsps Crème Fraîche

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

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<sup>1</sup>. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder





"Alexa, find Blue Apron recipes."

## 1 Prepare the vegetables

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise. Transfer to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Medium dice the **sweet potato**. Transfer to a separate sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.



For easier cleanup, line your sheet pans with foil.

## 2 Coat the chicken

- Melt the **butter** in a large bowl in the microwave (or melt in a small pot on the stove, then transfer to a large bowl). Stir in the **spice blend** and **half the mustard**; season with salt and pepper.
- On a large plate, combine the **breadcrumbs** and **cheese**; season with salt and pepper.
- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.



### Step 2 continued:

- Working one piece at a time, thoroughly coat the **seasoned chicken** in the **spiced butter** (letting the excess drip off), then in the **seasoned breadcrumbs** (pressing to adhere).
- Transfer the **coated chicken** to the other side of the sheet pan of **prepared brussels sprouts** and drizzle with **olive oil**.

## 3 Roast the chicken & vegetables

- Roast the **prepared chicken**, **brussels sprouts**, and **sweet potato** 19 to 21 minutes, or until the vegetables are browned and tender when pierced with a fork and the chicken is cooked through.\*
- Remove from the oven.



## 4 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **crème fraîche**, **maple syrup**, and **remaining mustard**; season with salt and pepper.
- Serve the **roasted chicken** with the **roasted vegetables**. Top with the **sauce**. Enjoy!



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

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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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