Sheet Pan Panko Chicken





Ingredients



2 Boneless, Skinless Chicken Breasts



½ lb Brussels Sprouts



1 ½ Tbsps Spicy Maple Syrup



1 Tbsp Smoky Spice Blend¹



1 ¼ cups Panko Breadcrumbs



1 oz Salted Butter



1 Tbsp Dijon Mustard



½ lb Sweet Potato



1/4 cup Grated Parmesan Cheese



2 Tbsps Crème Fraîche



Serve with Blue Apron wine that has this symbol blueapron.com/wine

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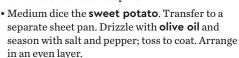
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"Alexa, find Blue Apron recipes."

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.





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.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.



