

# Sheet Pan Panko Chicken

with Vegetables & Maple-Mustard Sauce

4 SERVINGS


⌚ 35-45 MINS


 **Blue Apron**  
blueapron.com





## Ingredients


 4 Boneless, Skinless Chicken Breasts

 1 ¾ cups Panko Breadcrumbs

 2 Tbsps Dijon Mustard

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


 1 ½ lbs Sweet Potatoes

 2 oz Salted Butter

 ¼ cup Mayonnaise

 1 lb Brussels Sprouts

 ¾ cup Grated Parmesan Cheese

 1 ½ Tbsps Spicy Maple Syrup



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>. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder

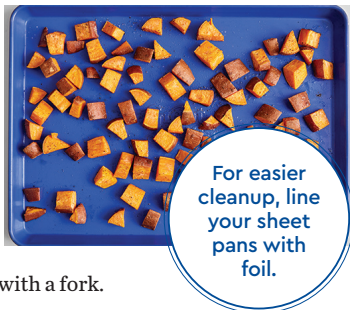




"Alexa, find Blue Apron recipes."

### 1 Prepare & roast the sweet potatoes

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potatoes**.
- Transfer to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 23 to 25 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



### 2 Prepare the brussels sprouts

- Meanwhile, cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Transfer to a separate 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.



### 3 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).
- Add the **spice blend** and **half the mustard**; season with salt and pepper. Stir to combine.
- On a large plate, combine the **breadcrumbs** and **cheese**; season with salt and pepper.



#### Step 3 continued:

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- 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**.

### 4 Roast the chicken & brussels sprouts

- Roast the **prepared chicken and brussels sprouts** 21 to 23 minutes, or until the brussels sprouts are tender when pierced with a fork and the chicken is cooked through.\*
- Remove from the oven.



### 5 Make the sauce & serve your dish

- Meanwhile, in a bowl, whisk together the **mayonnaise**, **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.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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

[f](#) [t](#) [i](#) [@](#) Share your photos with #blueapron



031422, FPP