

Sheet Pan Panko Chicken

with Vegetables & Maple-Mustard Sauce

2 OR 4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients



2 Boneless, Skinless Chicken Breasts or 4 for 4 servings



1 oz Salted Butter or 2 oz for 4 servings



1 Tbsp Dijon Mustard or 2 Tbsps for 4 servings



1 Tbsp Smoky Spice Blend¹



½ lb Sweet Potato or 1 lb for 4 servings



¼ cup Grated Parmesan Cheese



2 Tbsps Mayonnaise or ¼ cup for 4 servings



½ lb Brussels Sprouts or 1 lb for 4 servings



1 ½ Tbsps Spicy Maple Syrup



1 ¼ cups Panko Breadcrumbs



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

COOK ALONG WITH



"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.



Step 2 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**.

3 Roast the chicken & vegetables

- Roast the **prepared chicken, brussels sprouts, and sweet potato** 19 to 21 minutes *or 21 to 23 minutes if you're cooking 4 servings*, 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 **mayonnaise, spicy 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 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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