



Ingredients

2 Boneless, Skinless Chicken Breasts

1/2 lb Broccoli

1 Tbsp Dijon Mustard

¹/₄ cup Grated Parmesan Cheese

4 tsps Honey

3/4 lb Potatoes

1 clove Garlic

1/4 cup Buttermilk

2 ½ Tbsps Chicken Demi-Glace

1 Tbsp Southern Spice Blend¹

1. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

Infinitely delicious dishes

This out-of-this-world meal blends bold flavor with wholesome ingredients to celebrate Disney and Pixar's *Lightyear*.

Scan this QR code to learn more about our collaboration—and check out *Lightyear* in theaters on June 17.

#letsblueapron #pixarlightyear







"Alexa, find Blue Apron recipes."

Prepare the ingredients

- Remove the honey from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a medium pot 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 bottom 1/2-inch of the broccoli stem; cut the broccoli into small florets.
- Peel 1 clove of garlic; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **honey** (kneading the packet before opening), mustard, demi-glace, and 2 tablespoons of water.

2 Cook & mash the potatoes

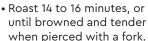
- Add the diced potatoes to the pot of boiling water and cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the buttermilk. Using a fork or potato masher, mash to your desired consistency.

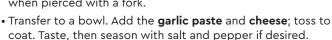


• Taste, then season with salt and pepper if desired.

3 Roast the broccoli

- · Meanwhile, line a sheet pan with foil.
- Place the broccoli florets on the foil. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.





4 Cook the chicken

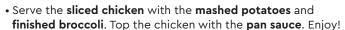
- Pat the chicken dry with paper towels. Season on both sides with salt, pepper, and enough of the spice blend to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.



- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.

5 Make the pan sauce & serve your dish

- To the pan of reserved fond, add the honey mustard sauce (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently, 1 to 2 minutes, or until slightly thickened.
- Turn off the heat.
- Slice the cooked chicken crosswise.







In Disney and Pixar's Lightyear, Buzz enjoys the friendship of a robot cat named Sox.



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.

For a child's portion of this meal, Disney recommends serving 1/2 chicken breast, 1/2 cup mashed potatoes, 1/2 cup finished broccoli, and 1 tablespoon pan sauce. Scan this QR code for more information about how this recipe meets Disney Nutrition Guidelines for a complete meal and learn more about the Disney Check at DisneyCheck.com.





Disney recommended child portion

Food safety handling information: blog.blueapron.com/foodsafety



