

Intergalactic Honey Mustard Chicken

with Mashed Potatoes & Garlic-Parmesan Broccoli

2 SERVINGS | 25-35 MINS

Disney · PIXAR
LIGHTYEAR

COLLECTION BY

 Blue Apron



Ingredients



2 Boneless, Skinless Chicken Breasts



½ lb Broccoli



1 Tbsp Dijon Mustard



¼ cup Grated Parmesan Cheese



4 tps Honey



¾ lb Potatoes



1 clove Garlic



¼ 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



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"Alexa, find Blue Apron recipes."

1 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 $\frac{3}{4}$ 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 $\frac{1}{2}$ -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.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Transfer to a bowl. Add the **garlic paste** and **cheese**; toss to coat. Taste, then season with salt and pepper if desired.



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.
- Serve the **sliced chicken** with the **mashed potatoes** and **finished broccoli**. Top the chicken with the **pan sauce**. Enjoy!



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

STELLAR
sneak peek



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



This recipe was designed with kids in mind!

For a child's portion of this meal, Disney recommends serving $\frac{1}{2}$ **chicken breast**, $\frac{1}{2}$ **cup mashed potatoes**, $\frac{1}{2}$ **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



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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