

Sheet Pan Walnut-Caper Chicken

with Sweet Peppers & Potatoes

4 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



4 Boneless, Skinless Chicken Breasts



6 oz Green Beans



¼ cup Grated Parmesan Cheese



1 Tbsp Honey



¼ tsp Crushed Red Pepper Flakes



1 ¼ lbs Potatoes



1 clove Garlic



2 Tbsps Sherry Vinegar



2 Tbsps Capers



1 Tbsp Weeknight Hero Spice Blend¹



½ lb Sweet Peppers



1 bunch Parsley



¼ cup Mayonnaise



½ cup Roasted Walnuts



Serve with Blue Apron wine that has this symbol
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.

¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Halve the **potatoes** lengthwise, then cut crosswise into 1/4-inch pieces.
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise.
- Cut off and discard any stem ends from the **green beans**.
- In a bowl, combine the **mayonnaise** and **half the spice blend**; season with salt and pepper.



2 Roast the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- Transfer to a sheet pan. Evenly top with the **spiced mayo**.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.*
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

3 Roast the vegetables

- Meanwhile, transfer the **potato pieces**, **quartered peppers**, and **green beans** to a separate sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **remaining spice blend**.
- Roast 17 to 19 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



4 Make the walnut-caper topping

- Meanwhile, finely chop the **capers**.
- Roughly chop the **walnuts**.
- Roughly chop the **parsley** leaves and stems.
- 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), **chopped capers**, **chopped walnuts**, **chopped parsley**, **2 tablespoons of olive oil**, **as much of the garlic paste as you'd like**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Stir to combine.



5 Finish & serve your dish

- Evenly top the **roasted vegetables** with the **cheese**, **vinegar**, and a drizzle of **olive oil**; carefully stir to coat.
- Serve the **roasted chicken** with the **finished vegetables**. Top the chicken with the **walnut-caper topping**. 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.

Blue Apron, LLC, New York, NY 10005

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

