

#### **Ingredients**



4 Boneless, Skinless **Chicken Breasts** 



1/2 lb Sugar Snap



2 Tbsps Capers



2 Tbsps Whole Grain Dijon Mustard



1 Tbsp Cajun Spice Blend1



½ cup Panko Breadcrumbs



3/4 lb Carrots



½ cup Buttermilk



1/4 cup Mayonnaise



1 Tbsp Weeknight Hero Spice Blend<sup>2</sup>



1 1/4 lbs Potatoes



1 clove Garlic



2 Tbsps Vegetarian Worcestershire Sauce



1 Tbsp Light Brown Sugar



Serve with Blue Apron wine that has this symbol blueapron.com/wine

# Cook along on the app

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<sup>1.</sup> Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper

<sup>2.</sup> Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



#### "Alexa, find Blue Apron recipes."

### Prepare the ingredients & make the breadcrumb topping

- · Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Peel the carrots and thinly slice on an angle.
- Halve the potatoes lengthwise, then cut crosswise into 1/4-inch



- Pull off and discard the tough string that runs the length of each snap pea pod; place in a bowl. Drizzle with olive oil; season with salt and pepper. Stir to coat.
- In a separate bowl, combine the breadcrumbs, sugar, mayonnaise, and half the Cajun 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 breadcrumb topping (pressing lightly to adhere); season with salt and pepper.

• Place on the lower oven rack and roast 18 to 20 minutes, or until the topping is lightly browned and the chicken is cooked through.\*

• Remove from the oven.



your sheet

pans with foil.

# 3 Roast the vegetables

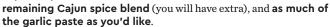
- · Meanwhile, transfer the sliced carrots and potato pieces to a separate sheet pan. Drizzle with olive oil; season with salt, pepper, and the weeknight hero spice blend.
- · Place on the upper oven rack and roast 15 minutes. Leaving the oven on, remove from the oven.

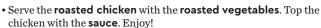


- Carefully add the seasoned peas in an even layer.
- Return to the oven and roast 2 to 4 minutes, or until the vegetables are lightly browned and tender when pierced with a fork.
- Remove from the oven.

## 4 Make the sauce & serve your dish

- Meanwhile, peel 1 clove of garlic; using a zester or the small side of a box grater, finely grate into a paste.
- Finely chop the capers.
- In a bowl, combine the buttermilk, worcestershire sauce, mustard, chopped capers, a pinch of the







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

