

Sheet Pan Crispy Cajun-Spiced Chicken

with Roasted Vegetables & Potatoes


4 SERVINGS | 30-40 MINS

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Ingredients


 4 Boneless, Skinless Chicken Breasts

 ½ lb Sugar Snap Peas

 2 Tbsps Capers

 2 Tbsps Whole Grain Dijon Mustard


 1 Tbsp Cajun Spice Blend¹


 ½ cup Panko Breadcrumbs

 ¾ lb Carrots


 ½ cup Buttermilk


 ¼ cup Mayonnaise

 1 Tbsp Weeknight Hero Spice Blend²

 1 ¼ lbs Potatoes

 1 clove Garlic

 2 Tbsps Vegetarian Worcestershire Sauce

 1 Tbsp Light Brown Sugar

 Serve with Blue Apron wine that has this symbol
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¹ Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper
² Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"Alexa, find Blue Apron recipes."

1 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 pieces.
- 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.



For easier cleanup, line 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 **remaining Cajun spice blend** (you will have extra), and **as much of the garlic paste as you'd like**.
- Serve the **roasted chicken** with the **roasted vegetables**. Top the chicken 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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