

Sheet Pan Panko Chicken

with Vegetables & Maple-Mustard Sauce

2 SERVINGS

30-40 MINS

 Blue Apron

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Ingredients*

 2 Boneless, Skinless Chicken Breasts

 1 oz Salted Butter

 1 Tbsp Dijon Mustard

 1 Tbsp Smoky Spice Blend¹

 ½ lb Sweet Potato

 ¼ cup Grated Parmesan Cheese

 2 Tbsps Mayonnaise

 ½ lb Broccoli

 2 Tbsps Maple Syrup

 1 ¼ cups Panko Breadcrumbs

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

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¹ Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & roast the sweet potato

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potato**.
- Transfer to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 19 to 21 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

2 Prepare the broccoli

- Meanwhile, cut off and discard the bottom 1/2 inch of the **broccoli stem**; cut the broccoli into small florets.
- Transfer to a separate sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.



3 Coat the chicken

- Melt the **butter** in a large bowl in the microwave (or melt in a small pot on the stove, then transfer to a large bowl).
- Stir in the **spice blend** and **half the mustard**; season with salt and pepper.
- On a large plate, combine the **breadcrumbs** and **cheese**; season with salt and pepper.



Step 3 continued:

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned chicken** in the **spiced butter** (letting the excess drip off), then in the **seasoned breadcrumbs** (pressing to adhere).
- Transfer the **coated chicken** to the other side of the sheet pan of **prepared broccoli**; drizzle with **olive oil**.

4 Roast the chicken & broccoli

- Roast the **prepared chicken and broccoli** 19 to 21 minutes, or until the broccoli is tender when pierced with a fork and the chicken is cooked through.*
- Remove from the oven.



5 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **mayonnaise**, **maple syrup**, and **remaining mustard**; season with salt and pepper.
- Serve the **roasted chicken** with the **roasted vegetables**. Top 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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