

# Sheet Pan Chicken & Squash

with Spicy Jalapeño Sauce

2 SERVINGS


⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*


 2 Boneless, Skinless Chicken Breasts

 ¾ lb Potatoes

 1 Lime


 2 Tbsps Mayonnaise

 1 Tbsp Spanish Spice Blend<sup>1</sup>

 ¾ cup Panko Bread crumbs

 1 Delicata Squash


 1 oz Sliced Pickled Jalapeño Pepper

 1 Tbsp Light Brown Sugar

 1 tsp Whole Dried Oregano

 1 Red Onion

 1 clove Garlic

 2 Tbsps Orange Marmalade

 2 Tbsps Raw Pepitas

 Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://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. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare & roast the vegetables

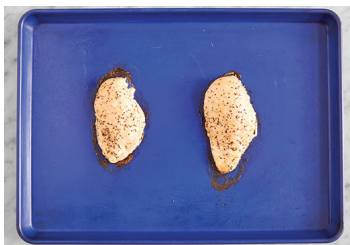
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into 1/2-inch pieces.
- Medium dice the **potatoes**.
- Halve and peel the **onion**; cut into 1/2-inch-wide wedges.
- Transfer the vegetables to a sheet pan; drizzle with **olive oil** and season with salt, pepper, and the **spice blend**. Toss to coat and arrange in an even layer.
- Roast 20 to 25 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

## 2 Start the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- Transfer to a separate sheet pan.
- Roast 10 minutes. Leaving the oven on, remove from the oven.



## 3 Add the topping & finish the chicken

- Meanwhile, roughly chop the **pepitas**.
- In a bowl, combine the **chopped pepitas**, **breadcrumbs**, and **mayonnaise**; season with salt and pepper.
- Carefully top the **partially roasted chicken** with the **pepita mixture** (pressing gently to adhere). Drizzle with **olive oil**; season with salt and pepper.
- Return to the oven and roast 8 to 10 minutes, or until lightly browned and cooked through.\*
- Remove from the oven.



## 4 Make the sauce & serve your dish

- Meanwhile, halve the **lime** crosswise; squeeze the juice into a bowl.
- Peel 1 **clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.
- To the bowl of **lime juice**, add the **orange marmalade**, **oregano**, **sugar**, **as much of the garlic paste as you'd like**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Whisk until the sugar has dissolved. Taste, then season with salt and pepper if desired.
- Serve the **finished chicken** with the **roasted vegetables**. Drizzle the chicken and vegetables 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. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: [blog.blueapron.com/foodsafety](https://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](#) [@](#) Share your photos with #blueapron

