

# Sheet Pan Panko Chicken

with Vegetables & Maple-Mustard Sauce

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
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## Ingredients\*

 4 Boneless, Skinless Chicken Breasts


 1 lb Brussels Sprouts

 1/4 cup Mayonnaise


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


 1 1/4 cups Panko Breadcrumbs

 1/4 cup Grated Parmesan Cheese

 2 Tbsps Dijon Mustard

 3/4 lb Carrots

 2 oz Salted Butter

 1 1/2 Tbsps Spicy Maple Syrup



Serve with Blue Apron wine that has this symbol  
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<sup>1</sup> 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 carrots

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces.
- Transfer to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 16 to 18 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



### 2 Prepare the brussels sprouts

- Meanwhile, cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- 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). Add the **spice blend** and **half the mustard**; season with salt and pepper. Stir to combine.
- On a large plate, combine the **breadcrumbs** and **cheese**; season with salt and pepper.



- 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 gently to adhere).
- Transfer the **coated chicken** to the other side of the sheet pan of **prepared brussels sprouts** and drizzle with **olive oil**.

### 4 Roast the chicken & brussels sprouts

- Roast the **prepared chicken and brussels sprouts** 21 to 23 minutes, or until the brussels sprouts are 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, whisk together 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.

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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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