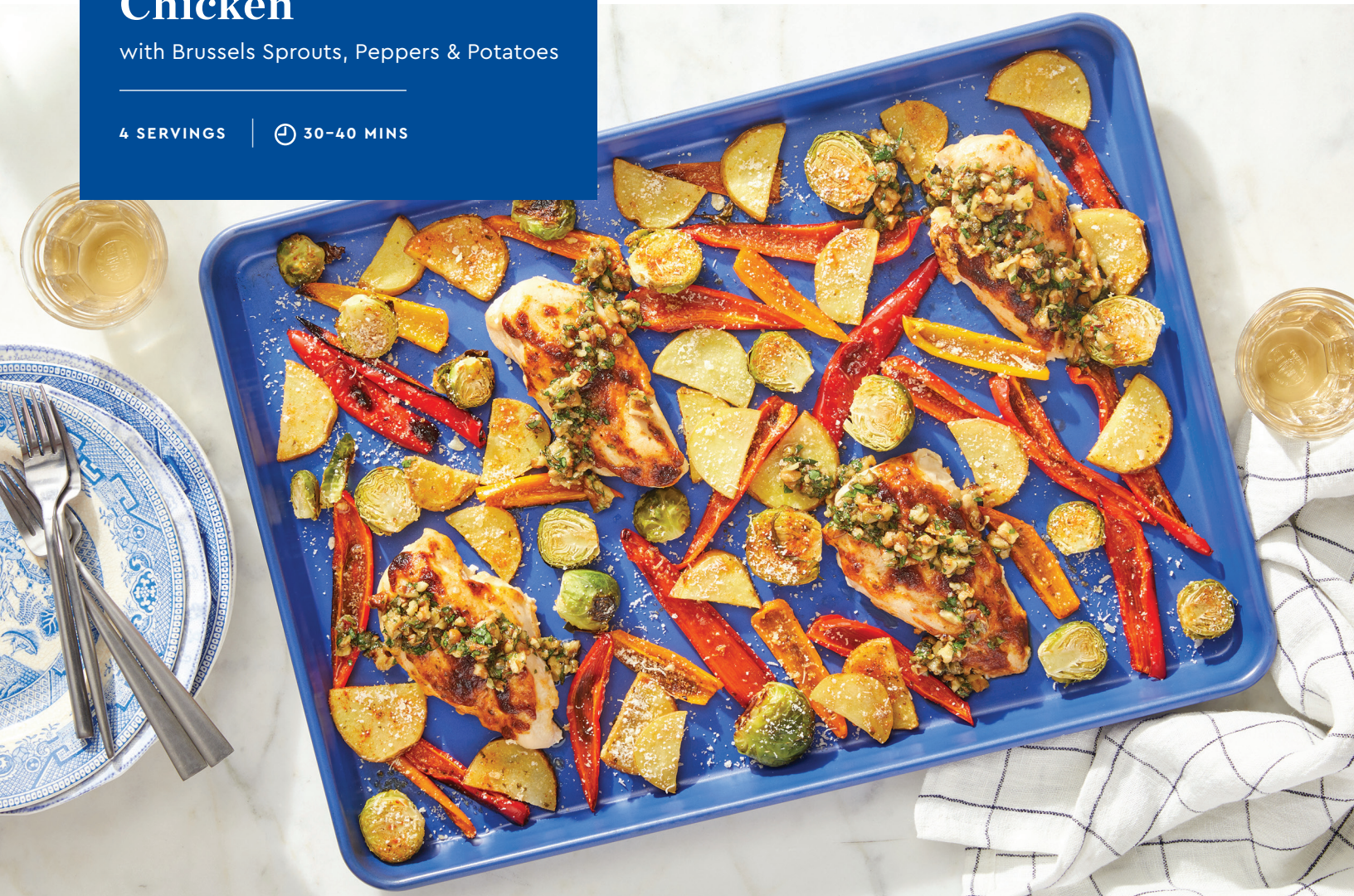


# Sheet Pan Walnut-Caper Chicken

with Brussels Sprouts, Peppers & Potatoes


4 SERVINGS | 30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*


 4 Boneless, Skinless Chicken Breasts

 2 Bell Peppers

 2 Tbsps Capers


 ¼ cup Mayonnaise


 2 tsps Honey


 1 ¼ lbs Potatoes


 1 clove Garlic


 ¼ cup Grated Parmesan Cheese

 ½ cup Roasted Walnuts

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

 ½ lb Brussels Sprouts

 1 bunch Parsley

 2 Tbsps Sherry Vinegar

 ¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



**7 - 13** PersonalPoints<sup>™</sup> range per serving

Now your Points value is personalized to YOU! It could be between 7-13 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

To learn more about the (NEW!) WW PersonalPoints<sup>™</sup> program, visit [www.ww.com](https://www.ww.com). The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
\*Ingredients may be replaced and quantities may vary.



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Halve the **potatoes** lengthwise, then cut crosswise into 1/4-inch pieces.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then cut lengthwise into 2-inch pieces.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- In a bowl, combine the **mayonnaise** and **half the 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 **spiced mayo**.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.\*
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

## 3 Roast the vegetables

- Meanwhile, transfer the **potato pieces, pepper pieces, and halved brussels sprouts** to a separate sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **remaining spice blend**. Toss to coat; arrange in an even layer.
- Roast 17 to 19 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



## 4 Make the walnut-caper topping

- Meanwhile, finely chop the **capers**.
- Roughly chop the **walnuts**.
- Roughly chop the **parsley** leaves and stems.
- Peel 1 **clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **honey** (kneading the packet before opening), **chopped capers, chopped walnuts, chopped parsley, 2 tablespoons of olive oil, as much of the garlic paste as you'd like, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Stir to combine.



## 5 Finish & serve your dish

- Evenly top the **roasted vegetables** with the **cheese, vinegar, and a drizzle of olive oil**; carefully stir to coat.
- Serve the **roasted chicken** with the **finished vegetables**. Top the chicken with the **walnut-caper topping**. Enjoy!



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