

Sheet Pan Walnut-Caper Chicken

with Bell Peppers & Potatoes


4 SERVINGS | 30-40 MINS

 **Blue Apron**
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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 Blend¹

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



"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 1-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.



STOP + STORE

If you're planning to enjoy this meal at a later time, stop here and place the prepared food in airtight containers (or tightly cover with plastic wrap). Store in the refrigerator. Use the reheating instructions below to finish.

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!



REHEATING INSTRUCTIONS

If you saved the dish for later, reheat the **chicken** and **vegetables** in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.

*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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