

Sheet Pan Panko Chicken

with Vegetables & Maple-Mustard Sauce

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients*



4 Boneless, Skinless Chicken Breasts



1 ¼ cups Panko Breadcrumbs



1 ½ lbs Sweet Potatoes



1 lb Brussels Sprouts



2 oz Salted Butter



¼ cup Grated Parmesan Cheese



2 Tbsps Dijon Mustard



¼ cup Mayonnaise



1 ½ Tbsps Spicy Maple Syrup



1 Tbsp Smoky Spice Blend¹



Serve with Blue Apron wine that has this symbol
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, 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 potatoes

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potatoes**.
- Transfer to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 23 to 25 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



For easier cleanup, line your sheet pan with foil.

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.



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 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.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat.
Blue Apron, LLC, New York, NY 10005

Share your photos with #blueapron

