

Sheet Pan Panko Chicken

with Vegetables & Maple-Mustard Sauce

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*



2 Boneless, Skinless Chicken Breasts



1 ¾ cups Panko Bread crumbs



4 oz Brussels Sprouts



½ lb Sweet Potato



1 oz Salted Butter



¼ cup Grated Parmesan Cheese



1 Tbsp Dijon Mustard



2 Tbsps Mayonnaise



2 Tbsps Maple Syrup



1 Tbsp Smoky Spice Blend¹

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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 the vegetables

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Transfer to a 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.
- Medium dice the **sweet potato**.
- Transfer to a separate sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.



For easier cleanup, line your sheet pans with foil.

2 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).
- Stir in the **spice blend** and **half the mustard**; season with salt and pepper.
- On a large plate, combine the **breadcrumbs** and **cheese**; season with salt and pepper.



Step 2 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 gently to adhere).
- Transfer the **coated chicken** to the other side of the sheet pan of **prepared brussels sprouts**; drizzle with **olive oil**.

3 Roast the chicken & vegetables

- Roast the **prepared chicken and brussels sprouts** and **prepared sweet potato** 19 to 21 minutes, or until the vegetables are tender when pierced with a fork and the chicken is cooked through.*
- Remove from the oven.



4 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine 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, sesame, and wheat.
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