





Ingredients*



2 Boneless, Skinless Chicken Breasts



1 1/4 cups Panko Breadcrumbs



4 oz Brussels Sprouts



1/2 lb Sweet Potato



1 oz Salted Butter



1/4 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."

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.



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.

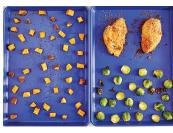


Step 2 continued:

- Pat the chicken dry with paper towels; season with salt and pepper on
- 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.



