

# Crispy Baked Chicken & Ancho-Honey Sauce

with Cilantro Rice & Tomatoes

4 SERVINGS | 35-45 MINS


 **Blue Apron**  
blueapron.com



## Ingredients\*


 4 Boneless, Skinless Chicken Breasts

 1 cup Long Grain White Rice

 1 ½ cups Panko Breadcrumbs


 2 Poblano Peppers


 2 Scallions

 ½ lb Grape Tomatoes

 ¼ cup Grated Parmesan Cheese

 1 oz Salted Butter


 ¼ cup Cilantro Sauce

 1 Tbsp Ancho Chile Paste

 ¼ cup Mayonnaise

 1 Tbsp Dijon Mustard

 2 tsp Honey

 1 Tbsp Mexican Spice Blend<sup>1</sup>

## 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. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & dress the tomatoes

- 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 **tomatoes**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **halved tomatoes**, **sliced white bottoms of the scallions**, and a drizzle of **olive oil**; season with salt and pepper.



## 2 Bread the chicken

- Line a sheet pan with foil.
- Melt the **butter** in a large bowl in the microwave (or melt in a medium pot on the stove, then transfer to a large bowl).
- Add the **spice blend** and **mustard**; season with salt and pepper. Whisk until thoroughly combined.
- On a large plate, combine the **breadcrumbs** and **cheese**; season with salt and pepper.
- 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 **breaded chicken** to the sheet pan.



## 3 Bake the chicken

- Top the **breaded chicken** with a drizzle of **olive oil**.
- Bake 19 to 21 minutes, or until browned and cooked through.\*
- Remove from the oven.



## 4 Cook & finish the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot (or the pot used to melt the butter), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **rice**, a **big pinch of salt**, and **2 cups of water** (carefully, as the liquid may splatter). Stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the **cilantro sauce** until combined. Taste, then season with salt and pepper if desired.



## 5 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **mayonnaise**, **honey** (kneading the packet before opening), and **chile paste**; season with salt and pepper.
- Serve the **baked chicken** with the **finished rice**. Drizzle the chicken with the **sauce**. Top with the **dressed tomatoes** and **sliced green tops of the scallions**. 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](http://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

[f](#) [t](#) [@](#) Share your photos with #blueapron



012323, FPP