

Sheet Pan Panko Chicken & Maple Dipping Sauce

with Roasted Cauliflower & Sweet Potatoes

4 SERVINGS


⌚ 35-45 MINS

 **Blue Apron**
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Ingredients*

 4 Boneless, Skinless Chicken Breasts


 1 ¾ cups Panko Breadcrumbs

 1 ½ lbs Sweet Potatoes

 1 head Romanesco Cauliflower


 2 oz Salted Butter

 ¾ cup Grated Romano Cheese

 2 Tbsps Dijon Mustard

 ¼ cup Mayonnaise

 2 Tbsps Maple Syrup

 1 Tbsp Smoky Spice Blend¹



Serve with Blue Apron wine that has this symbol
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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 & 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 pans with foil.

2 Prepare the cauliflower

- Meanwhile, cut out and discard the core of the **cauliflower**; cut into small florets.
- 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). 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 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 gently to adhere).
- Transfer the **coated chicken** to the other side of the sheet pan of **prepared cauliflower**; drizzle with **olive oil**.

4 Roast the chicken & cauliflower

- Roast the **prepared chicken and cauliflower** 21 to 23 minutes, or until the cauliflower is tender when pierced with a fork and the chicken is cooked through.*
- Remove from the oven.



5 Make the dipping 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** and **dipping 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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