



CRISPY MAPLE-MUSTARD CHICKEN

with Roasted Potato Wedges & Carrots



HELLO PANKO

These flaky Japanese-style breadcrumbs give chicken an irresistibly light and airy crunch.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 650



Yukon Gold Potatoes



Chicken Breasts



Panko Breadcrumbs
(Contains: Wheat)



Dijon Mustard



Carrots



Fry Seasoning



Maple Syrup

START STRONG

Use a basting brush or the back of a spoon to coat the chicken with maple mustard in step 5. Just make sure to spread it evenly—this will allow the panko to stick and form a delicious crust.

BUST OUT

- Peeler
- Kosher salt
- 2 Small bowls
- Black pepper
- 2 Baking sheets
- Paper towels
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes 12 oz | 24 oz
- Carrots 12 oz | 24 oz
- Fry Seasoning 1 TBSP | 2 TBSP
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Maple Syrup 2 TBSP | 4 TBSP
- Dijon Mustard 2 TBSP | 4 TBSP
- Chicken Breasts* 12 oz | 24 oz

* Chicken is fully cooked when internal temperature reaches 165 degrees.



1 PREP

Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.** Cut **potatoes** into ½-inch-thick wedges. Trim, peel, and slice **carrots** on a diagonal into ½-inch-thick pieces.



4 SEASON POTATOES & CARROTS

Toss **potatoes** on a baking sheet with a large drizzle of **olive oil**, remaining **Fry Seasoning**, **salt**, and **pepper**. On a separate baking sheet, toss **carrots** with a drizzle of **olive oil**, **salt**, and **pepper**. Push carrots to one side of sheet.



2 SEASON PANKO

Place **1 TBSP butter** (2 TBSP for 4 servings) in a small microwave-safe bowl; microwave until just melted, 30 seconds. Stir in half the **Fry Seasoning** (you'll use the rest later), **pepper**, and a big pinch of **salt**. Add **panko** and stir until evenly combined.



5 COAT CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Place on opposite side of baking sheet from carrots. Evenly spread reserved **maple mustard** onto tops of chicken breasts, then mound seasoned **panko** on top, pressing to adhere (no need to coat the undersides).



3 MAKE MAPLE MUSTARD

Place another **1 TBSP butter** (2 TBSP for 4 servings) in a second small microwave-safe bowl; microwave until just melted, 30 seconds. Add **maple syrup**, **mustard**, and a pinch of **salt**; stir until smooth. Reserve 1 TBSP of the mixture (2 TBSP for 4) for brushing onto chicken later.



6 FINISH & SERVE

Transfer **chicken** and **carrots** to middle rack and **potatoes** to top rack. Bake until chicken is golden brown and cooked through and veggies are tender, 20-25 minutes. Divide chicken, potatoes, and carrots between plates. Serve with remaining **maple mustard** on the side.

DREAMY

Sweet maple and tangy mustard are a perfect pairing. We also love the combo on pork chops.



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