

# Parmesan-Crusted Chicken

## with Mashed Sweet Potatoes & Roasted Broccoli



In this simple, seasonal recipe, you'll coat chicken in a combination of flour, parmesan cheese, and savory spices before pan-searing it. We're adding more of the same spices to a bright, creamy sauce, perfect for spooning over the chicken and broccoli.

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**4 Boneless, Skinless Chicken Breasts**

**1/4 cup All-Purpose Flour**

**1/2 cup Grated Parmesan Cheese**

**1 Tbsp Weeknight Hero Spice Blend (Garlic Powder, Onion Powder, Smoked Paprika, & Whole Dried Parsley)**

**tried-and-true**

**kitchen tools**



## [Large Maple Cutting Board](#)

**[by John Boos & Co. for Blue Apron](#)**

Built to last, this chopping board is prized by professional chefs and so gorgeous we never want to take it off the counter. Crafted with hardy American maple, this exclusive collaboration between Blue Apron and John Boos & Co. is equal parts beautiful and handy. Its durable surface won't warp and is resistant to scoring; magically, it also helps keep your blades sharper than other materials. You'll find these boards in our test kitchen—as well as professional kitchens around the world.

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## 1 Prepare the ingredients:

Place an oven rack in the center of the oven, then preheat to 450°F. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small pieces, keeping the florets intact. Quarter and deseed the **lemon**. Peel and medium dice the **sweet potatoes**.



## **2 Roast the broccoli:**

Place the **broccoli pieces** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Evenly top with **the juice of 2 lemon wedges**.



### **3 Cook & mash the sweet potatoes:**

While the broccoli roasts, add the **diced sweet potatoes** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot. Add the **butter** and a drizzle of olive oil. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Cover to keep warm.



While the sweet potatoes cook, on a large plate, combine the **flour**, **half the cheese**, and **all but a pinch of the spice blend**; 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 flour mixture (tapping off any excess). Transfer to a separate plate.



While the sweet potatoes continue to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated chicken** and cook 5 to 7 minutes per side, or until golden brown and cooked through. Turn off the heat.



## **6 Make the sauce & serve your dish:**

While the chicken cooks, in a bowl, combine the **mayonnaise**, **remaining spice blend**, and **the juice of the remaining lemon wedges**; season with salt and pepper to taste. Serve the **cooked chicken**, **roasted broccoli**, and **mashed sweet potatoes** with the sauce on the side. Garnish the chicken with the **remaining cheese**. Enjoy!