



20-Min: Maple-Dijon Chicken with Carrots,

Green Beans & Crispy Breadcrumbs



ca. 20min



2 Servings

Sometimes all it takes to elevate a simple meal to an unforgettable one is a great pan sauce. We pair pan-roasted chicken with broiled veggies and a simple-to-make, flavorful pan-sauce made with Dijon mustard and maple syrup. The sauce is the perfect balance of sweet and savory—it takes this meal to the next level! A sprinkle of toasted, buttery breadcrumbs over the chicken adds a delightful crunch to each bite.

What we send

- ½ lb carrots
- ½ lb green beans
- 1 oz panko ^{1,6}
- 12 oz pkg boneless, skinless chicken breasts
- 2 pkts Dijon mustard ¹⁷
- 1 oz maple syrup
- 1 pkt chicken broth concentrate
- ¼ oz fresh parsley

What you need

- neutral oil
- kosher salt & ground pepper
- butter ⁷
- apple cider vinegar (or red wine vinegar)

Tools

- rimmed baking sheet
- medium skillet

Allergens

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 35g, Carbs 40g, Proteins 45g



1. Prep ingredients

Preheat broiler with a rack in the upper third.

Scrub **carrots**, cut in half lengthwise, and cut on an angle into 1-inch pieces. Trim stem ends from **green beans**.



2. Broil veggies

On a rimmed baking sheet, toss **carrots** and **green beans** with **1 tablespoon oil**; season with **salt** and **pepper**. Broil on upper oven rack until veggies are softened and browned in spots, about 10 minutes (watch closely as broilers vary).



3. Toast breadcrumbs

Meanwhile, heat **1 tablespoon each of oil and butter** in a medium skillet over medium-high. Add **panko** and cook, stirring occasionally, until lightly browned and toasted, 2-3 minutes. Transfer to a bowl and season with **salt** and **pepper**; set aside until step 6. Wipe out skillet.



4. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to plates. Remove skillet from heat.



5. Make pan sauce

To same skillet off heat, add **all of the Dijon mustard, maple syrup, broth concentrate, ¼ cup water, 1 tablespoon butter, and 2 teaspoons vinegar**. Return to medium-low heat and cook, stirring frequently to scrape up any browned bits, until **sauce** is slightly thickened, 1-2 minutes. Season to taste with **salt** and **pepper**.



6. Finish & serve

Pick **parsley leaves**; discard stems.

Serve **carrots and green beans** alongside **chicken**. Pour **pan sauce** over **chicken** and sprinkle generously with **buttery breadcrumbs**. Garnish with **parsley leaves**. Enjoy!