



Smart Fig-Roasted Chicken and Butternut Salad with Almonds and Garlic Sauce

Smart Meal

30 Minutes

Swap Turkey Breast Portions 340 g | 680 g

Swap Chicken Thighs 280 g | 560 g

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts* 2 | 4

Middle Eastern Seasoning 1 tbsp | 2 tbsp

Fig Spread 2 tbsp | 4 tbsp

Baby Spinach 113 g | 227 g

Butternut Squash, cubes 170 g | 340 g

White Wine Vinegar 1 tbsp | 2 tbsp

Almonds, sliced 28 g | 56 g

Mini Cucumber 1 | 2

Garlic, cloves 1 | 2

Plant-Based Mayonnaise 2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2 person | 4 person

Pantry items | Oil, salt, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl, whisk

1



Roast squash

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Add **squash**, $\frac{1}{2}$ **tsp** (1 tsp) **Middle Eastern Seasoning** and $\frac{1}{2}$ **tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden brown, 20-22 min.

2



Prep chicken

Swap | Turkey Breast Portions

Swap | Chicken Thighs

- Meanwhile, pat **chicken** dry with paper towels. Sprinkle with **remaining Middle Eastern Seasoning**, then season with **salt** and **pepper**.

3



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.) Sear until golden, 1-2 min per side.
- Transfer **chicken** to another parchment-lined baking sheet. Spread **half the fig spread** over **chicken**. Roast in the **bottom** of the oven until **chicken** is cooked through, 12-14 min.**

4



Toast almonds

- While **chicken** is in the oven, heat the same pan over medium.
- When hot, add **almonds**. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.

5



Make sauce and dressing

- Cut **cucumber** in $\frac{1}{4}$ -inch half-moons.
- Peel, then mince or grate **garlic**.
- Add **garlic**, **half the mayo** (use all the mayo for 4 ppl) and **1 tbsp** (2 tbsp) **water** to a small bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside.
- Add **vinegar**, **remaining fig spread** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Whisk to combine, then season with **salt** and **pepper**.

6



Finish and serve

- Once **squash** is tender, add **squash**, **cucumbers** and **spinach** to the bowl with **dressing**. Toss to combine.
- Thinly slice **chicken**.
- Divide **salad** between plates.
- Sprinkle with **almonds**.
- Top with **chicken**, then drizzle with **garlic sauce**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep turkey

Swap | Turkey Breast Portions

If you've opted to get **turkey breast portions**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken****

2 | Prep chicken

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breasts**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.