



# Seared Chicken in Fig Sauce

## with Roasted Green Beans

Quick

30 Minutes



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Issue with your meal?  
Scan the QR code to  
share your feedback.



Chicken Breasts



Chicken Thighs



Yellow Potato



Green Beans



Fig Spread



Zesty Garlic Blend

HELLO FIG SPREAD

*Sweet, sticky and perfect for dressings or glazes!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Baking sheet, measuring spoons, aluminum foil, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Chicken Thighs*	280 g	560 g
Yellow Potato	7 g	14 g
Green Beans	170 g	340 g
Fig Spread	4 tbsp	8 tbsp
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

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

## 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.



### Prep

- Cut **potatoes** into ½-inch pieces.
- Trim **green beans**.



### Roast potatoes

- Add **potatoes**, **half the Zesty Garlic Spice Blend** and **1 tbsp (2 tbsp) oil** to an unlined baking sheet.
- Season with **pepper**, then toss to combine. Arrange **potatoes** in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min.



### Prep chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Cover each **chicken breast** with plastic wrap.
- Using a mallet, rolling pin or heavy-bottomed pan, carefully pound each **chicken breast** until ½-inch thick.
- Season both sides with **pepper** and **remaining Zesty Garlic Spice Blend**.

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



### Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp (2 tbsp) oil**, then **chicken**. Cook until golden-brown, 2-3 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Bake in the **top** of the oven until cooked through, 10-12 min.\*\*



### Cook green beans

- Heat the same pan over medium.
- When hot, add **green beans** and **¼ cup (½ cup) water**. Cook, stirring occasionally, until **water** evaporates, 4-5 min.
- Add **1 tbsp (2 tbsp) butter**. Cook, stirring often, until **butter** melts and **green beans** are tender-crisp, 1 min.
- Season with **salt** and **pepper**, to taste.



### Finish and serve

- Spoon **fig spread** over cooked **chicken**. Cover with foil and let **chicken** rest, 1-2 min.
- Divide **chicken, potatoes** and **green beans** between plates.

## Dinner Solved!



Issue with your meal?  
Scan the QR code to  
share your feedback.