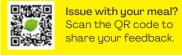


Seared Chicken in Fig Sauce

with Roasted Green Beans

Quick

30 Minutes





Chicken Breasts





Yellow Potato



Green Beans



Fig Spread



Zesty Garlic Blend



Start here

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

Measurements 1 tbsp (2 tbsp) oil synthin steps 2 person 4 person Ingredient

Bust out

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

Ingredients

9		
	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*		
A 10 1 A 10		

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 heavybottomed 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 mediumhigh 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.**



- Heat the same pan over medium.
- When hot, add green beans and
 4 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!