



Seared Chicken in Fig Spread

with Roasted Brussels Sprouts

30 Minutes



Chicken Breasts



Double Chicken Breasts



Yellow Potato



Sweet Potato



Brussels Sprouts



Fig Spread



Garlic Salt

CUSTOM RECIPE

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

Happy cooking!

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.

Bust out

2 Baking sheets, measuring spoons, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Double Chicken Breasts ♦	4	8
Yellow Potato	300 g	600 g
Sweet Potato	170 g	340 g
Brussels Sprouts	170 g	340 g
Fig Spread	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



1 Prep

- Cut **potatoes** and **sweet potatoes** into ½-inch pieces.
- Cut **Brussels sprouts** in half.



4 Prep chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Season both sides with **pepper** and **remaining garlic salt**.



2 Roast potatoes

- Add **potatoes**, **sweet potatoes**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) 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.



5 Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown and cooked through, 4-6 min per side.**
- When **chicken** is almost cooked through, add **fig spread** and **2 tbsp butter** (dbl for 4 ppl) to the pan.
- Using a spoon, baste **chicken** with **fig sauce** until sticky, 1-2 min.

If you've opted for **double chicken breasts**, cook the **chicken** in batches using **1 tbsp oil** for each batch. Return all the **chicken** to the pan before basting with **fig sauce**.



3 Roast Brussels

- Meanwhile, add **Brussels sprouts** and **1 tbsp oil** (dbl for 4 ppl) to another unlined baking sheet.
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until tender-crisp, 13-15 min.



6 Finish and serve

- Divide **chicken**, **potatoes**, **sweet potatoes** and **Brussels sprouts** between plates.
- Spoon **any remaining fig sauce** from the pan over **chicken**.

Dinner Solved!