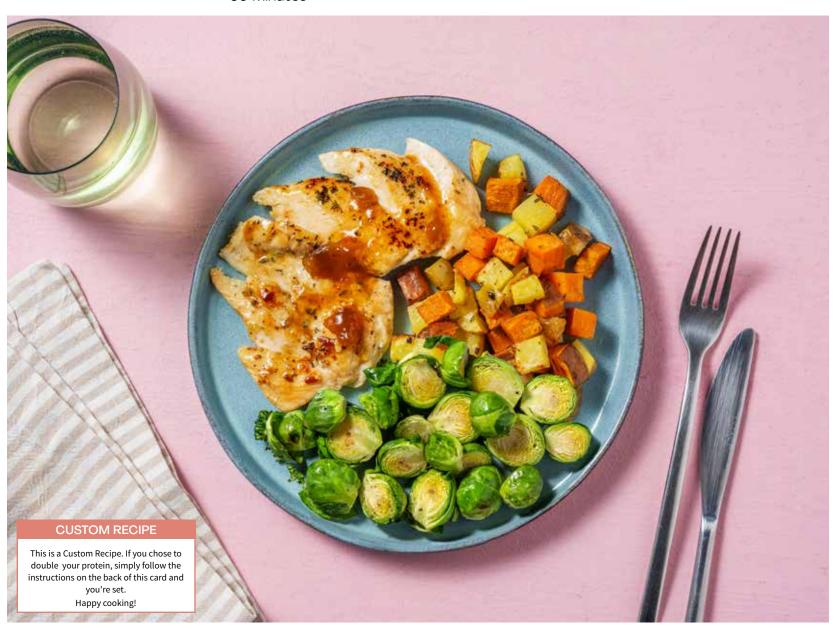


Seared Chicken in Fig Sauce

with Roasted Brussels Sprouts

30 Minutes





Chicken Breasts





Yellow Potato



Sweet Potato



Brussels Sprouts



Fig Spread



Garlic Salt

HELLO FIG SPREAD

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

Inaredients

3		
	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.



Prep

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



Prep chicken

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



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.



Cook chicken

- · Heat a large non-stick pan over medium-high
- 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.



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.



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!

Contact