



BALSAMIC FIG CHICKEN

with Sweet Potatoes and Mixed Greens



HELLO

BALSAMIC FIG SAUCE

A new kind of sweet 'n' sour sauce with vinegary twang and jammy fruit flavor

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 630**



Sweet Potatoes



Rosemary



Chicken Breasts



Fig Jam



Spring Mix Lettuce



Shallots



Lemon



Balsamic Vinegar



Chicken Stock Concentrates

START STRONG

Sweet potatoes will please even picky eaters when roasted until crisp. For extra texture, leave your in the oven while it heats—the spuds will sizzle when they hit that hot surface.

BUST OUT

- Baking sheet
- Large pan
- Paper towel
- Medium bowl
- Olive oil (8 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------------|--------|
| • Sweet Potatoes | 4 |
| • Shallots | 2 |
| • Rosemary | ¼ oz |
| • Lemon | 1 |
| • Chicken Breasts | 24 oz |
| • Balsamic Vinegar | 10 tsp |
| • Fig Jam | 4 TBSP |
| • Chicken Stock Concentrates | 2 |
| • Spring Mix Lettuce | 4 oz |

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 ROAST SWEET POTATOES

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and lightly crisped, 20-25 minutes.



4 MAKE SAUCE

Lower heat under pan to medium. Add **shallots**, **chopped rosemary**, and a large drizzle of **olive oil**. Cook, tossing, until softened, 2-3 minutes. Stir in **vinegar** and **fig jam**. Simmer until syrupy, about 1 minute. Stir in **stock concentrates** and ⅓ **cup water**. Let reduce until thick and saucy, about 3 minutes. (TIP: Add a splash of water if mixture is stiff.) Remove pan from heat. Stir in **2 TBSP butter**. Season with **salt** and **pepper**.

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2 PREP

Halve, peel, and mince **shallots**. Strip and chop enough **rosemary leaves** from stems to give you 2 tsp. Halve **lemon**.



5 TOSS SALAD

While sauce simmers, toss **lettuce** with a big squeeze of **lemon** and a large drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**.



3 COOK CHICKEN

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel and season all over with **salt** and **pepper**. Cook in pan until no longer pink in center, 5-7 minutes per side. Remove from pan and set aside to rest.



6 FINISH AND SERVE

Thinly slice **chicken**, then divide between plates along with **sweet potatoes**. Drizzle chicken with **sauce**. Serve with **salad** on the side.

FRESH TALK

Who can make the best silly face?

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