



TANGY FIG CHICKEN - DINNER

BLACKENED CHICKEN TACOS - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 40 MIN	CALORIES: 670
LUNCH	TOTAL: 10 MIN	CALORIES: 600

INGREDIENTS FOR: 2-person | 4-person



Yukon Gold Potatoes
12 oz | 24 oz



Scallions
4 | 6



Lime
1 | 1



Chicken Cutlets
20 oz | 30 oz



Balsamic Vinegar
5 tsp | 10 tsp



Fig Jam
2 TBSP | 4 TBSP



Flour Tortillas
6 | 6
(Contains: Wheat)



Hot Sauce
2 tsp | 2 tsp



Carrots
4 | 7



Shallot
1 | 2



Sour Cream
6 TBSP | 10 TBSP
(Contains: Milk)



Blackening Spice
1 TBSP | 1 TBSP



Chicken Stock Concentrate
1 | 2



Shredded Red Cabbage
4 oz | 4 oz



Monterey Jack Cheese
½ Cup | ½ Cup
(Contains: Milk)

BUST OUT

• Medium pot • Peeler • Baking sheet • Strainer • Potato masher • Paper towels • Large pan • Medium bowl
• 2 Reusable containers • Sugar (½ tsp | 1 tsp) • Vegetable oil (4 tsp | 8 tsp) • Butter (3 TBSP | 6 TBSP) (Contains: Milk)

DINNER



1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes**; place in a medium pot with enough **salted water** to cover by 2 inches. Trim, peel, and cut **carrots** into 1-inch-thick pieces on the diagonal. Trim and thinly slice **scallions**, separating whites from greens. Halve, peel, and mince **shallot** until you have 3 TBSP. Halve **lime**.

2 COOK CARROTS AND MAKE MASHED POTATOES

Toss **carrots** on a baking sheet with a large drizzle of **oil**, **salt**, and **pepper**. Roast on top rack until browned and tender, 20-25 minutes. Meanwhile, boil **potatoes** over medium-high heat until tender, about 15 minutes. Drain. Melt **1 TBSP butter** in same pot over low heat. Stir in half the **scallion whites** and cook until softened, 1-2 minutes. Add drained potatoes and **1 package sour cream**; mash until smooth. Season with salt and pepper.

3 COOK CHICKEN

Meanwhile, pat **chicken** dry with paper towels. Season 2 cutlets with **Blackening Spice**, **salt**, and **pepper**. Season remaining cutlets with only **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add all cutlets and cook until browned and cooked through, 5-7 minutes per side. Turn off heat; transfer to a plate. Rinse and wipe out pan.



4 MAKE SAUCE

Melt **1 TBSP butter** in same pan over medium-high heat. Add **minced shallot** and cook, stirring, until softened, about 1 minute. Add **vinegar**, **stock concentrate**, **jam**, and **¼ cup water**; stir to combine. Simmer until thickened, 2-3 minutes. Turn off heat; stir in **1 TBSP butter** until melted. Season with **salt** and **pepper**.

5 FINISH AND SERVE DINNER

Divide **potatoes**, **carrots**, and **salt-and-pepper-seasoned cutlets** between plates. Top cutlets with **sauce**. Garnish with half the **scallion greens**.

LUNCH



6 Thinly slice **blackened cutlets**. In a medium bowl, combine **red cabbage**, remaining **scallion whites and greens**, juice from both **lime halves**, and **½ tsp sugar**. Season with **salt** and **pepper**. Divide cabbage slaw between 2 reusable containers. Top with chicken. Pack with **tortillas**, **cheese**, remaining **sour cream**, and **hot sauce** on the side. When ready to eat, microwave chicken until warm, then build tacos with slaw, cheese, and condiments.

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