



BALSAMIC FIG CHICKEN

with Sweet Potatoes and Zucchini



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: 610



Sweet Potatoes



Shallot



Chicken Breasts



Fig Jam



Zucchini



Rosemary



Balsamic Vinegar



Chicken Stock Concentrate

START STRONG

Wanna know the secret to extra-toasty roasted potatoes? Put your baking sheet in the oven before heating it up. The spuds will sizzle when they hit that hot surface.

BUST OUT

- 2 Baking sheets
- Paper towels
- Large pan
- Olive oil (4 tsp | 8 tsp)
- Vegetable oil (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- | | |
|-----------------------------|-----------------|
| • Sweet Potatoes | 2 4 |
| • Zucchini | 1 2 |
| • Shallot | 1 2 |
| • Rosemary | ¼ oz ¼ oz |
| • Chicken Breasts* | 12 oz 24 oz |
| • Balsamic Vinegar | 5 tsp 10 tsp |
| • Fig Jam | 2 TBSP 4 TBSP |
| • Chicken Stock Concentrate | 1 2 |

* Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 ROAST SWEET POTATOES

Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.** Cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with a drizzle of **olive oil, salt, and pepper.** Roast on top rack until browned and tender, about 20 minutes.



4 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt and pepper.** Heat a drizzle of **oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 5-7 minutes per side. Turn off heat; transfer to a cutting board and set aside to rest.



2 ROAST ZUCCHINI

While sweet potatoes roast, trim and halve **zucchini** lengthwise. Cut crosswise into ½-inch-thick half moons. Toss on a second baking sheet with a large drizzle of **olive oil, salt, and pepper.** Roast on middle rack, flipping halfway through, until browned and tender, about 15 minutes.



5 MAKE SAUCE

Heat a drizzle of **olive oil** in same pan over medium heat. Add **shallot** and **chopped rosemary.** Cook, stirring, until softened, 2-3 minutes. Stir in **vinegar** and **jam.** Simmer until syrupy, about 1 minute. Stir in **stock concentrate** and **¼ cup water** (⅓ cup for 4 servings). Let reduce until saucy, about 3 minutes. Turn off heat. Stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted. Season with **salt and pepper.**



3 PREP

While zucchini roasts, halve, peel, and mince **shallot.** Strip **rosemary leaves** from stems; finely chop leaves until you have 1 tsp (2 tsp for 4 servings).



6 FINISH AND SERVE

Thinly slice **chicken** crosswise. Divide chicken, **sweet potatoes,** and **zucchini** between plates. Drizzle chicken with **sauce.**

SWEET!

Try making the sauce again with pork or lamb chops.

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