



# BALSAMIC-FIG CHICKEN

with Roasted Sweet Potatoes and Arugula Salad



HELLO

## BALSAMIC-FIG SAUCE

Your new favourite sweet 'n' sour pan sauce

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 535



Chicken Breasts



Sweet Potatoes,  
cubed



Shallot



Rosemary



Lemon



Balsamic Vinegar



Fig Jam



Chicken Broth  
Concentrate



Arugula

## BUST OUT

- Baking Sheet
- Measuring Spoons
- Large Pan
- Measuring Cups
- Medium Bowl
- Whisk
- Butter (1 tbsp | 2 tbsp)
- Salt
- Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- |                             |                   |                   |
|-----------------------------|-------------------|-------------------|
| • Chicken Breasts           | 1 pkg (340 g)     | 2 pkg (680 g)     |
| • Sweet Potatoes, cubed     | 1 pkg (340 g)     | 2 pkg (680 g)     |
| • Shallot                   | 1                 | 2                 |
| • Rosemary                  | 1 pkg (10 g)      | 1 pkg (10 g)      |
| • Lemon                     | 1                 | 1                 |
| • Balsamic Vinegar 9        | 1 bottle (2 tbsp) | 2 bottle (4 tbsp) |
| • Fig Jam                   | 1 pkg (1 tbsp)    | 2 pkg (2 tbsp)    |
| • Chicken Broth Concentrate | 1                 | 2                 |
| • Arugula                   | 1 pkg (56 g)      | 2 pkg (113 g)     |

## ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix      |
| 1 Wheat/Blé            | 6 Mustard/Moutarde   |
| 2 Milk/Lait            | 7 Peanut/Cacahuète   |
| 3 Egg/Oeuf             | 8 Sesame/Sésame      |
| 4 Soy/Soja             | 9 Sulphites/Sulfites |

## START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!



### 1 ROAST POTATOES

Wash and dry all produce. On a baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of oven, stirring halfway through cooking, until golden-brown and tender, 20-23 min.



### 2 PREP

Meanwhile, finely chop the **shallot(s)**. Strip a few **rosemary leaves** off the sprig and finely chop **2 tsp** (double for 4 people). Juice the **lemon**.



### 3 COOK CHICKEN

Season the **chicken** with **salt** and **pepper**. Heat a large pan over medium heat. Add a drizzle of **oil**, then the chicken. Cook until the bottom of the chicken is golden-brown, 3 min. Reduce the heat to medium-low. Flip, cover and cook until the chicken is golden and cooked through, 6-7 min. (**TIP:** Cook to a minimal internal temp. of 175°F.)



### 4 MAKE SAUCE

Transfer **chicken** to a plate. Increase the heat to medium. Add the **butter**, then the **shallot** and **rosemary**. Cook, stirring, until the shallot is golden-brown, 3-4 min. Stir in the **vinegar**, **broth concentrate(s)**, **2 tsp jam** (double for 4 people) and **1/3 cup water** (double for 4 people). Season with **salt** and **pepper**. (**TIP:** The sauce will be runny.)



### 5 DRESS ARUGULA

Meanwhile, in a medium bowl, whisk together **1 tbsp lemon juice** (double for 4 people), **remaining jam** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the **arugula**.



### 6 FINISH AND SERVE

Thinly slice the **chicken**. Divide the **sweet potatoes**, **arugula** and chicken between plates. Drizzle the chicken with the **balsamic-fig sauce**.

## SWEET!

Try making the sauce again to serve over pork or lamb chops.