



GETTIN' FIGGY WITH IT CHICKEN

with Roasted Brussels Sprouts & Mashed Potatoes

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



8 oz | 16 oz
Brussels Sprouts



12 oz | 24 oz
Chicken Breasts



2 TBSP | 4 TBSP
Fig Jam



5 tsp | 10 tsp
Balsamic Vinegar



1 | 2
Chicken Stock
Concentrate

HELLO

FIG JAM

This fruity condiment mingles with tangy balsamic vinegar to create the perfect topping for chicken.



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 730

THE MORE YOU KNOW

In step 2, try arranging your Brussels sprouts cut sides down on the baking sheet. Why? The flat sides provide more surface area for browning, which allows for more caramelization and results in crispier sprouts. Try this technique again the next time you roast cauliflower, radishes, or potatoes.

BUST OUT

- Baking sheet
- Large pot
- Strainer
- Paper towels
- Large pan
- Potato masher
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Butter (3 TBSP | 5 TBSP)
Contains: Milk

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Dice **potatoes** into 1-inch pieces (no need to peel). Trim and halve **Brussels sprouts** lengthwise.



2 ROAST SPROUTS

- Toss **Brussels sprouts** on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Roast on top rack until browned and tender, 20-25 minutes.



3 COOK POTATOES

- Meanwhile, place **potatoes** in a large pot with enough **salted water** to cover by 2 inches. Cover and bring to a boil, then lower heat to medium. Cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot. Keep covered off heat.



4 COOK & MASH

- While potatoes cook, pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**.
- Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 5-7 minutes per side. Turn off heat; transfer chicken to a plate.
- Meanwhile, mash **potatoes** until smooth. Stir in **sour cream**, **2 TBSP butter**, and a pinch of **salt** and **pepper**. If needed, stir in **reserved potato cooking liquid** a splash at a time until creamy. Cover to keep warm.
- **4 SERVINGS: Use 3 TBSP butter.**



5 MAKE SAUCE

- Heat pan used for chicken over medium heat. Add **vinegar**, **jam**, **stock concentrate**, and **¼ cup water**. Bring to a simmer and cook, stirring, until thickened, 2-3 minutes.
- Turn off heat; stir in **1 TBSP butter** until melted. Season with **salt** and **pepper** to taste.
- **4 SERVINGS: Use ½ cup water. Stir in 2 TBSP butter.**



6 SERVE

- Divide **mashed potatoes**, **Brussels sprouts**, and **chicken** between plates. Drizzle chicken with **sauce** and serve.