



Seared Chicken in Fig Sauce

with Roasted Veggies

30 Minutes



Chicken Breasts



Chicken Thighs



Yellow Potato



Sweet Potato



Broccoli, florets



Fig Spread



Garlic Salt

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO FIG SPREAD
Sweet, sticky and perfect for dressings or glazes!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	280 g	560 g
Yellow Potato	300 g	600 g
Sweet Potato	170 g	340 g
Broccoli, florets	227 g	454 g
Fig Spread	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Cut **all potatoes** into ½-inch pieces.
- Cut **broccoli** into bite-size pieces.



Roast potatoes

- Add **all potatoes**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet.
- Season with **pepper**, then toss to combine. Arrange **potatoes** in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min.



Roast broccoli

- Meanwhile, add **broccoli** and **1 tbsp oil** (dbl for 4 ppl) to another unlined baking sheet.
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until tender-crisp, 13-15 min.



Prep chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Season both sides with **pepper** and **remaining garlic salt**.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown and cooked through, 4-6 min per side.**
- When **chicken** is almost cooked through, add **fig spread** and **2 tbsp butter** (dbl for 4 ppl) to the pan.
- Using a spoon, baste **chicken** with **fig sauce** until sticky, 1-2 min.



Finish and serve

- Divide **chicken**, **potatoes** and **broccoli** between plates.
- Spoon **any remaining fig sauce** from the pan over **chicken**.

Dinner Solved!