



DRIZZLY BALSAMIC-FIG CHICKEN

with Sweet Potatoes and Arugula

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

NUT FREE

GLUTEN FREE



INGREDIENTS:

- Sweet Potatoes
- Shallot
- Rosemary
- Lemon
- Chicken Breasts
- Balsamic Vinegar
- Fig Jam
- Chicken Stock Concentrate
- Arugula

FOR 2 PEOPLE:

- 12 oz
- 1
- ¼ oz
- 1
- 12 oz
- 2 TBSP
- 1 TBSP
- 1
- 2 oz

FOR 4 PEOPLE:

- 24 oz
- 2
- ¼ oz
- 1
- 24 oz
- 4 TBSP
- 1 TBSP
- 2
- 4 oz

HELLO BALSAMIC-FIG SAUCE

Your new favorite sweet 'n' sour sauce

NUTRITION PER SERVING

2 Person: 553 cal | Fat: 19 g | Sat. Fat: 6 g | Protein: 45 g | Carbs: 57 g | Sugar: 19 g | Sodium: 403 mg | Fiber: 10 g
4 Person: 533 cal | Fat: 18 g | Sat. Fat: 5 g | Protein: 45 g | Carbs: 50 g | Sugar: 15 g | Sodium: 401 mg | Fiber: 8 g

START STRONG

Want to know the secret to extra-toasty roasted potatoes?

Put your baking sheet into the oven before turning it on. When those spuds hit that hot, preheated surface, they'll immediately begin to sizzle and crisp.



BUST OUT

- Baking sheet
- Paper towel
- Olive oil (4 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP) (Contains: Milk)
- Large pan
- Medium bowl



1 PREHEAT OVEN AND ROAST POTATOES

Wash and dry all produce.

Preheat oven to 425 degrees. Cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until golden brown, 20-25 minutes.

2 PREP REMAINING INGREDIENTS

Halve, peel, and mince **shallot**. Strip **rosemary** leaves off sprigs. Chop until you have 1 tsp of rosemary. Halve **lemon**.

3 COOK CHICKEN

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel and season all over with **salt** and **pepper**. Cook in pan until no longer pink in center, about 5 minutes per side. Remove from pan to rest.



4 MAKE SAUCE

Add **shallot**, chopped **rosemary**, and a drizzle of **olive oil** to same pan over medium heat. Toss until softened, 2-3 minutes. Stir in **balsamic vinegar** and **fig jam** and simmer until syrupy, about 1 minute. Add ½ **cup water** and **stock concentrate**. Simmer until thickened, about 3 minutes. Remove pan from heat and swirl in **1 TBSP butter**. Season with **salt** and **pepper**.

5 TOSS SALAD

Toss **arugula** in a medium bowl with a squeeze of **lemon** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

6 SERVE

Thinly slice **chicken** and serve next to **arugula** and **potatoes**. Drizzle with **sauce**.

SWEET!

Try making the sauce again with pork or lamb chops.