



Figgy Jam Stuffed Chicken

with Pecan Dusted Green Beans

PRONTO 30 Minutes



Chicken Breasts



Fig Jam



Dried Cranberries



Green Beans



Pecans



Yellow Potato



Sour Cream



Shallot

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO FIG JAM

This jam is made from figs which are a pear-shaped fruit with sweet flesh!

START HERE

- Before starting, preheat the oven to 425°F and wash and dry all produce.
- Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.

Bust Out

Baking Sheet, Potato Masher, Aluminum Foil, Large Pot, Strainer, Paper Towels, Large Non-Stick Pan, Measuring Spoons, Small Bowl

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Fig Jam	3 tbsp	6 tbsp
Dried Cranberries	¼ cup	½ cup
Green Beans	170 g	340 g
Pecans	28 g	56 g
Yellow Potato	300 g	600 g
Sour Cream	3 tbsp	6 tbsp
Shallot	50 g	50 g
Milk*	2 tbsp	4 tbsp
Unsalted Butter*	1 ½ tbsp	3 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



1. PREP CHICKEN

Pat **chicken** dry with paper towels. Carefully slice into centre of **each breast** - parallel to cutting board - leaving 1-inch intact on the other end. Open up **each breast** like a book and season with **salt** and **pepper**. Add **fig jam** and **cranberries** in a small bowl. Mash together with a fork to combine. Divide **cranberry-fig filling** between **each breast**, then fold closed. Set aside.



4. FINISH PREP & TOAST PECANS

While **chicken** cooks, wipe the pan clean. Peel, then thinly slice **shallots**. Finely chop **pecans**. Trim **beans**, then halve. Heat the same pan over medium-high heat. When hot, add **pecans** to dry pan. Toast, stirring often, until golden, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **pecans** to a plate and set aside.



2. COOK POTATOES

Cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot (**NOTE:** Use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



5. COOK BEANS & MASH POTATOES

Using the same pan, reduce heat to medium. Add **½ tbsp butter** (dbl for 4 ppl), then **beans**, **shallots** and **1 tbsp water** (dbl for 4 ppl). Cover and cook, stirring occasionally, until tender, 4-5 min. Meanwhile, drain and return **potatoes** to the same pot off heat. Using a masher, mash **sour cream**, **2 tbsp milk** and **1 tbsp butter** (dbl both for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**.



3. COOK CHICKEN

While **potatoes** cook, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, until golden, 2-3 min per side. Remove pan from heat. Transfer **chicken** to a foil-lined baking sheet. Bake in **middle** of oven, until cooked through, 12-14 min.**



6. FINISH AND SERVE

Add **pecans** to the pan with **beans**. Season with **salt** and **pepper**. Stir together. Divide **stuffed chicken**, **mashed potatoes** and **green beans** between plates. Drizzle any **liquid** from the baking sheet over **chicken**.

Dinner Solved!