

Figgy Jam Stuffed Chicken

with Walnut Dusted Green Beans

PRONTO

30 Minutes

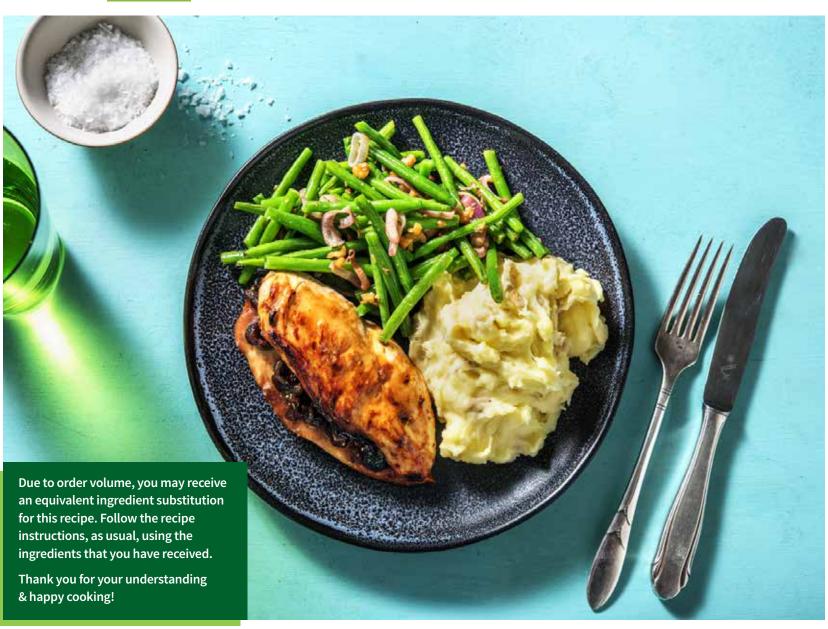








Fig Jam

Chicken Breasts





Dried Cranberries

Green Beans





Walnuts

Yellow Potato





Sour Cream

Shallot

START HERE

• Before starting, preheat the oven to 425°F

- Wash and dry all produce.
- Remove 2 tbsp butter (dbl for 4ppl) 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

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	2 Person	4 Person
Chicken Breasts	2	4
Fig Jam	3 tbsp	6 tbsp
Dried Cranberries	⅓ cup	½ cup
Green Beans	170 g	340 g
Walnuts	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

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.

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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 iam 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.



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 forktender, 10-12 min.



3. COOK CHICKEN

While **potatoes** cook, heat a large non-stick pan over medium-high heat. When hot, add 1/2 tbsp oil (dbl for 4 ppl), then chicken. Panfry, 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.**



4. FINISH PREP & TOAST **WALNUTS**

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



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**.



6. FINISH AND SERVE

Add walnuts 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!

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