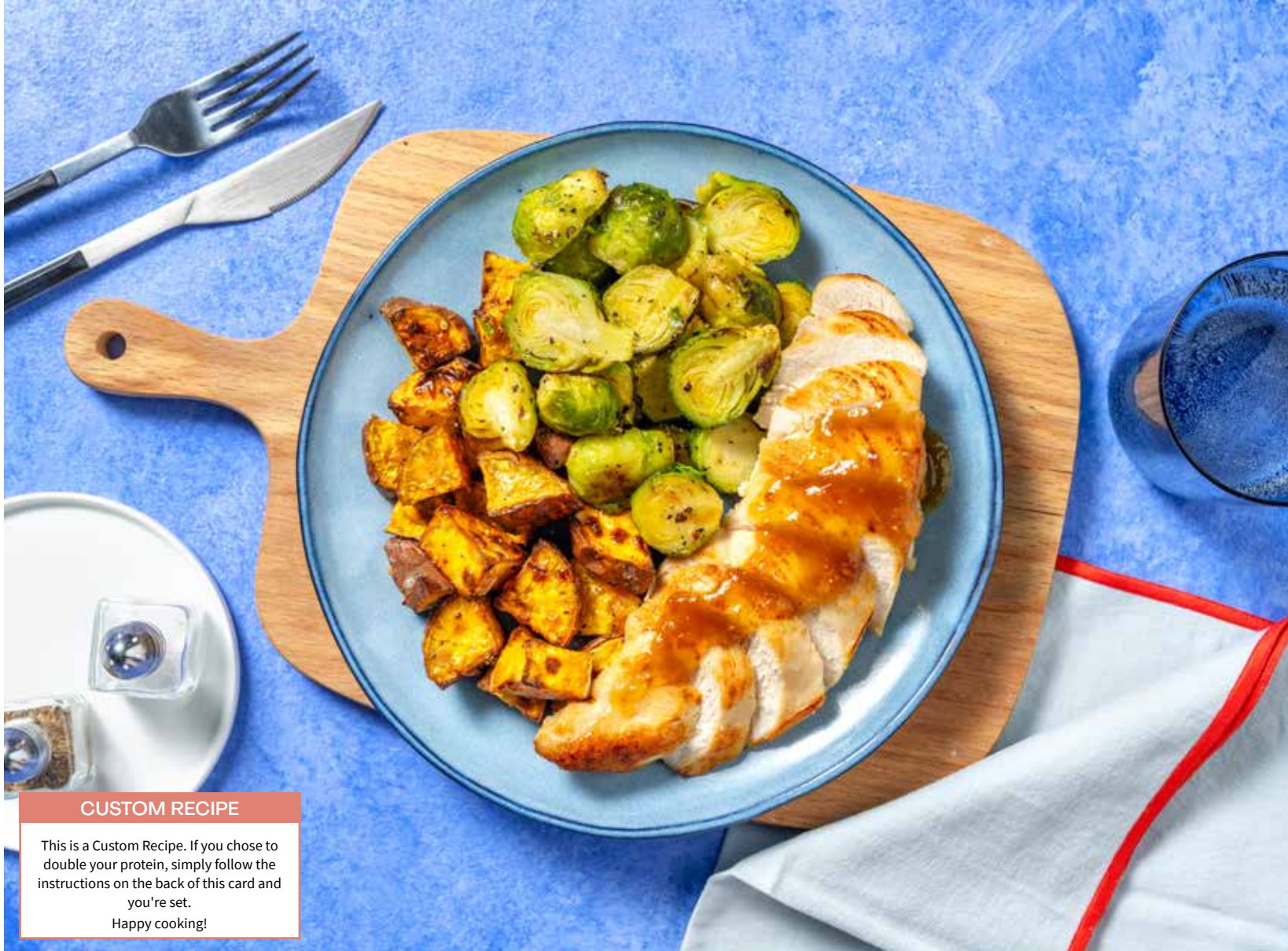




# Seared Chicken in Fig Sauce

## with Roasted Brussels Sprouts

30 Minutes



### CUSTOM RECIPE

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



Issue with your meal?  
Scan the QR code to  
share your feedback.



Chicken Breasts



Double Chicken Breasts



Sweet Potato



Brussels Sprouts



Fig Spread



Garlic Salt

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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

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

## Ingredients

|                        | 2 Person | 4 Person |
|------------------------|----------|----------|
| Chicken Breasts ♦      | 2        | 4        |
| Double Chicken Breasts | 4        | 8        |
| Sweet Potato           | 340 g    | 680 g    |
| Brussels Sprouts       | 170 g    | 340 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.



### Prep

- Cut **sweet potatoes** into ½-inch pieces.
- Cut **Brussels sprouts** in half.



### Roast sweet potatoes

- Add **sweet potatoes**, **half the garlic salt** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet.
- Season with **pepper**, then toss to combine. Arrange **sweet potatoes** in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min.



### Roast Brussels

- Meanwhile, add **Brussels sprouts** and **1 tbsp** (2 tbsp) **oil** 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 for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**. Work in batches, if necessary.



### Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, 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** (4 tbsp) **butter** to the pan.
- Using a spoon, baste **chicken** with **fig sauce** until sticky, 1-2 min.



### Finish and serve

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

## Dinner Solved!



Issue with your meal?  
Scan the QR code to  
share your feedback.