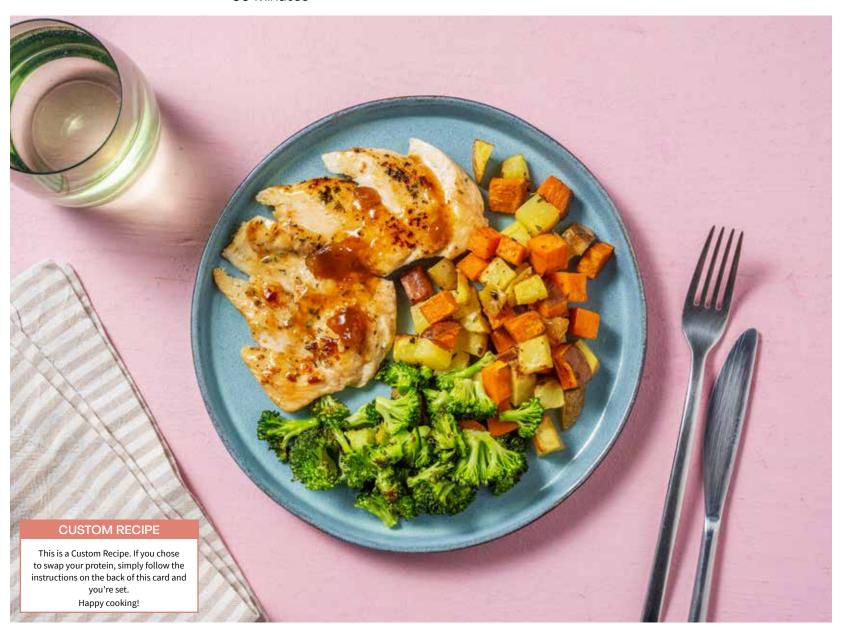


# Seared Chicken in Fig Sauce

with Roasted Veggies

30 Minutes





**Chicken Breasts** 





Yellow Potato



Sweet Potato



Broccoli, florets



Fig Spread



Garlic Salt

## 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

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	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.

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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 tendercrisp, 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 mediumhigh 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!**