



More than Food

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Spice-Rubbed Half Chicken

with Roasted Figs, Caramelized Onion, and Green Beans

Floral honey and salty chicken stock balance to create a sweet and savory sauce over cinnamon and coriander chicken. Fresh figs are transformed into a soft, jammy side after a quick roast in the oven. They're perfect alongside crisp-tender green beans and roasted onions.



45 min



level 1



nut free



gluten free



dairy free



Half Chicken



Figs, fresh



Red Onion



Green Beans



Scallions



Honey



Basmati Rice



Coriander



Cinnamon



Chicken Stock Concentrate

Ingredients

	2 People	4 People
Half Chicken	1	2
Figs, fresh	4 oz	8 oz
Red Onion	1	2
Green Beans	6 oz	12 oz
Scallions	2	4
Honey	2 T	4 T
Basmati Rice	½ C	1 C
Coriander	1 t	2 t
Cinnamon	1 t	2 t
Chicken Stock Concentrate	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

Tools

Baking Sheet,
Small Pot, Large Pan

Ruler

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Nutrition per person Calories: 876 cal | Carbs: 115 g | Fat: 27 g | Protein: 49 g | Fiber: 8 g | Sodium: 343 mg



1 Preheat the oven to 425 degrees. In a small pot, bring **1 cup water** and a large pinch of **salt** to a boil. Place the **chicken** on lightly oiled, rimmed baking sheet and pat dry with paper towels. If you do not have a rimmed baking sheet, a baking dish will do! Rub the chicken on all sides with **salt, pepper, coriander, and cinnamon**. Place in the oven for 30-35 minutes, until golden brown and juices run clear when pierced with a knife.



2 Meanwhile, add the **rice** to the boiling water. Reduce to a simmer and cook covered for 15-20 minutes, until tender. Thinly slice the **scallions**, keeping the greens and whites separate. Halve, peel, and slice the **onion** into ½-inch wedges. Quarter the **figs**.



3 With 10 minutes to go on the **chicken**, take it out of the oven and add the **figs** and the **onions** to baking sheet along with **1 teaspoon olive oil** and a pinch of **salt** and **pepper**. Place the baking sheet back in the oven until the chicken is cooked through and the onions and figs have caramelized.



4 Heat **1 teaspoon oil** in a large pan over medium-high heat. Add the **green beans** and cook, tossing, for 6-7 minutes until tender. Season with **salt** and **pepper**. Set aside and cover to keep warm.

5 **Make the pan sauce:** heat another **1 teaspoon oil** in the same pan over medium-high heat. Add the **scallion whites** to the pan and cook, tossing, for 2-3 minutes until softened. Add the **stock concentrate, honey, and 1 cup water** to the pan. Bring to a boil and reduce until thickened, about 3-4 minutes.

6 When the **chicken** is ready, remove from the oven and let rest for 5 minutes.

7 Serve the **chicken** atop the **rice**, with the **roasted onions, figs, and green beans** on the side. Pour the **pan sauce** over the plate, garnish with **scallion greens** and enjoy!