



BALSAMIC FIG CHICKEN

with Sweet Potatoes and Mixed Greens



HELLO

BALSAMIC FIG SAUCE

A new kind of sweet 'n' sour sauce with vinegary twang and jammy fruit flavor

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 560**



Sweet Potatoes



Rosemary



Chicken Breasts



Fig Jam



Spring Mix Lettuce



Shallot



Lemon



Balsamic Vinegar



Chicken Stock Concentrate

START STRONG

Wanna know the secret to extra-toasty roasted potatoes? Put your baking sheet into the oven before heating it up. The spuds will sizzle when they hit that hot surface.

BUST OUT

- Baking sheet
- Large pan
- Paper towel
- Medium bowl
- Olive oil (4 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-----------------------------|----------------|
| • Sweet Potatoes | 2 4 |
| • Shallot | 1 2 |
| • Rosemary | ¼ oz ¼ oz |
| • Lemon | 1 1 |
| • Chicken Breasts | 12 oz 24 oz |
| • Balsamic Vinegar | 5 tsp 10 tsp |
| • Fig Jam | 1 oz 2 oz |
| • Chicken Stock Concentrate | 1 2 |
| • Spring Mix Lettuce | 2 oz 4 oz |

HELLO WINE

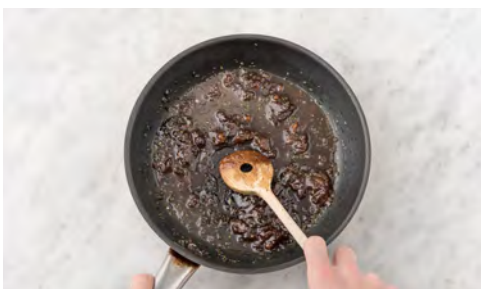


PAIR WITH
Remarquable Lirac Rouge, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 ROAST SWEET POTATOES Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and lightly crisped, 20-25 minutes.



4 MAKE SAUCE Lower heat under pan to medium. Add **shallot**, **chopped rosemary**, and a drizzle of **olive oil**. Cook, tossing, until softened, 2-3 minutes. Stir in **vinegar** and **fig jam**. Simmer until syrupy, about 1 minute. Stir in **stock concentrate** and ¼ **cup water**. Let reduce until thick and saucy, about 3 minutes. (**TIP:** Add a splash of water if mixture seems stiff.) Remove pan from heat. Stir in **1 TBSP butter**. Season with **salt** and **pepper**.



2 PREP Halve, peel, and mince **shallot**. Strip and chop enough **rosemary leaves** from stems to give you 1 tsp. Halve **lemon**.



5 TOSS SALAD While sauce simmers, toss **lettuce** with a squeeze of **lemon** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**.



3 COOK CHICKEN Heat a drizzle of **olive oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel and season all over with **salt** and **pepper**. Cook in pan until no longer pink in center, 5-7 minutes per side. Remove from pan and set aside to rest.



6 FINISH AND SERVE Thinly slice **chicken**, then divide between plates along with **sweet potatoes**. Drizzle chicken with **sauce**. Serve with **salad** on the side.

SWEET!

Try making the sauce again with pork or lamb chops.

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