



Cranberry Fig-Stuffed Chicken with Walnut-Dusted Broccoli

30 Minutes



CUSTOM RECIPE

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



Chicken Breasts



Chicken Thighs



Fig Spread



Dried Cranberries



Broccoli, florets



Walnuts



Yellow Potato



Sour Cream



Onion, chopped

HELLO WALNUTS

These nuts are delicious, nutritious and versatile!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, potato masher, strainer, aluminum foil, small bowl, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	280 g	560 g
Fig Spread	4 tbsp	8 tbsp
Dried Cranberries	¼ cup	½ cup
Broccoli, florets	227 g	454 g
Walnuts	28 g	56 g
Yellow Potato	360 g	720 g
Sour Cream	3 tbsp	6 tbsp
Onion, chopped	56 g	113 g
Milk*	2 tbsp	4 tbsp
Unsalted Butter*	3 tbsp	6 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.

Contact

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1 Prep chicken

- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, parallel to cutting board, leaving 1-inch intact on the other end. Open up **chicken** like a book and season with **salt** and **pepper**.
- Add **fig spread** and **cranberries** to a small bowl. Mash together with a fork to combine.
- Spread **cranberry-fig filling** over **each chicken breast**, then fold closed. Set aside.

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**.



4 Toast walnuts

- Meanwhile, finely chop **walnuts**.
- Heat the same pan over medium-high.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden, 2-3 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Transfer **walnuts** to a plate and set aside.



2 Cook potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



5 Cook broccoli and finish mash

- Cut **broccoli** into bite-sized pieces.
- Using the same pan, reduce heat to medium. Add **2 tbsp butter** (dbl for 4 ppl), then **broccoli**, **onions** and **1 tbsp water** (dbl for 4 ppl). Cover and cook, stirring occasionally, until tender, 5-6 min.
- Meanwhile, drain and return **potatoes** to the same pot, off heat. Roughly mash **sour cream**, **2 tbsp milk** and **1 tbsp butter** (dbl both for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**, to taste.



3 Cook chicken

- Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden, 2-3 min per side.
- Remove the pan from heat. Transfer **chicken** to a foil-lined baking sheet.
- Bake in the **middle** of the oven until cooked through, 12-14 min. **



6 Finish and serve

- Add **walnuts** to the pan with **broccoli**. Season with **salt** and **pepper**, then stir to combine.
- Divide **stuffed chicken**, **mashed potatoes** and **broccoli** between plates.
- Drizzle **any juices** from the baking sheet over **chicken**.

Dinner Solved!