



Fig Mostarda Chicken

WITH CARROTS, BRUSSELS SPROUTS, AND ALMONDS

Oven-Ready



Prep & Cook Time

35-45 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt, Pepper
Mixing Bowl

Difficulty Level

EASY

Spice Level

NOT SPICY

Ingredients

- 2 oz. Shredded Mozzarella
- 1/2 tsp. Garlic Salt
- 12 oz. Boneless Skinless Chicken Breasts
- 2 Tbsp. Fig Spread
- 8 oz. Halved Coin Cut Carrots
- 1/2 oz. Slivered Almonds
- 1/4 oz. Dijon Mustard
- 4 oz. Shredded Brussels Sprouts

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/23378

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.



1. Prepare the Ingredients

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- Combine **Brussels sprouts**, **carrots**, 2 tsp. **olive oil**, **garlic salt**, a pinch of **salt**, and 1 Tbsp. **water** in provided tray. Spread into an even layer and cover with foil.
- Bake covered in hot oven until vegetables start to soften, 15-20 minutes.



2. Add Chicken and Bake Meal

- Carefully remove from oven. Push **vegetables** to one side of tray. *Tray will be hot! Use a utensil.*
- Pat **chicken** dry and season both sides with a pinch of **salt** and **pepper**. Add chicken to now-empty side and top evenly with **cheese** and 1 tsp. **olive oil**.
- Bake uncovered in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 20-25 minutes.



3. Make Sauce and Finish Meal

- Carefully remove tray from oven. Let rest, 5 minutes.
- While meal rests, combine **fig spread** and **mustard** in a mixing bowl.
- To serve, top **chicken** with fig-mustard sauce and garnish **vegetables** with **almonds**. Bon appétit!