



# Crispy Onion Crusted Chicken

WITH FIG MOSTARDA AND PARMESAN BROCCOLI

Oven-Ready



**Prep & Cook Time**  
40-50 MIN

**Cook Within**  
4 DAYS

**You Will Need**  
Olive Oil, Salt, Pepper  
Mixing Bowl

### Ingredients

- 1 oz. Shredded Parmesan Cheese
- ½ oz. Dijon Mustard
- 1 oz. Crispy Onions
- .84 oz. Mayonnaise
- 12 oz. Broccoli Florets
- 12 oz. Boneless Skinless Chicken Breasts
- 1 Tbsp. Fig Spread
- ½ tsp. Garlic Salt

**Difficulty Level**  
EASY

**Spice Level**  
NOT SPICY

### Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/33782](http://www.homechef.com/33782)

\*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, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

Recipe designed for use with **silver** tray (as pictured); if you receive a different tray, please contact customer support before cooking.

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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes



### 1. Start the Broccoli

- Combine **broccoli**, 2 tsp. **olive oil**, **garlic salt**, and a pinch of **pepper** in provided tray. Massage oil and seasonings into broccoli and spread into an even layer. Cover with foil.
- Bake covered in hot oven, 15 minutes.



### 2. Add the Chicken

- Carefully remove tray from oven. Stir **broccoli** and push to one side. *Tray will be hot! Use a utensil.*
- Pat **chicken** dry and add to now-empty side of tray. Top evenly with a pinch of **salt** and **pepper**. Cover broccoli half of tray with foil, leaving chicken uncovered.



### 3. Bake Meal and Make Fig Mostarda

- Bake again half-covered (broccoli covered, chicken uncovered) in hot oven until **broccoli** is tender and **chicken** reaches a minimum internal temperature of 165 degrees, 20-25 minutes.
- While meal bakes, combine **mayonnaise**, **mustard**, and **fig spread** in a mixing bowl. Set aside.
- Carefully remove tray from oven. Rest, 3 minutes.
- To serve, top chicken evenly with fig mostarda and **crispy onions**, garnishing broccoli with **cheese**. Bon appétit!