



NUTRITION *per serving* 21g carbohydrates 10g fat 47g protein 737mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
367



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy



HEIFER INTERNATIONAL

Balsamic and Fig-Glazed Chicken Breast

with rosemary mushrooms and green beans

IN YOUR BOX

6 oz. Cremini Mushrooms
2 Garlic Cloves
8 oz. Green Beans
2 Boneless Skinless Chicken Breasts
2 Rosemary Sprigs
2 fl. oz. Balsamic Vinegar
¼ oz. Dijon Mustard
2 Tbsp. Fig Preserves

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Medium Non-Stick Pan

www.homechef.com/3762

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- Roasted mushrooms** may give off liquid during cooking process. This is packed with flavor and can be added to **sauce** while it simmers.

FROM THE CHEF

To get the most beautiful sear on the chicken, make sure your pan is hot, put the smooth side of the chicken breast down first, gently press in place for a few seconds, and then try not to move the chicken for the first 2-3 minutes.

Did you know...

The winter-autumn pine aroma of rosemary does more than just tantalize the olfactory receptors. Theories abound on how this little sprig's scent improves mood, relieves stress, and clears the mind.

THANKS FOR YOUR HELP

Up to 15% of net proceeds from your purchase goes to Heifer International to fight world hunger. Heifer provides gifts of animals, seeds, equipment and training in vital skills to support and empower communities worldwide.



Prepare the Ingredients

Quarter **mushrooms**. Mince **garlic**. Trim ends off **green beans**. Rinse **chicken breasts**, pat dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



Cook the Mushrooms

Place **mushrooms** on prepared baking sheet. Toss to coat with 2 tsp. **olive oil**, **rosemary sprigs**, ¼ tsp. **salt**, and a pinch of **pepper**. Spread into a single layer on one half of baking sheet and roast 8 minutes. *Mushrooms will finish cooking in later step.* While mushrooms roast, sear chicken.



Sear the Chicken

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan and cook until browned, 3-4 minutes per side. Transfer to a plate and reserve pan; no need to wipe clean. *Chicken will finish cooking in a later step.*



Cook the Green Beans

After **mushrooms** have roasted 8 minutes, remove baking sheet from oven and add **green beans** to other half. Add **garlic**, 1 tsp. **olive oil**, and a pinch of **salt and pepper** to green beans and carefully toss to coat. Roast until vegetables are tender and lightly charred, 8-10 minutes. While vegetables roast, finish chicken.



Finish the Chicken

Return pan used to sear chicken to medium heat. Add **balsamic vinegar**, **Dijon**, **fig spread**, and 2 Tbsp. **water** to hot pan. *Carefully add mushroom liquid if desired.* Stir and bring to a simmer. Add **chicken and any accumulated juices**. Cook, flipping chicken occasionally, until sauce lightly glazes chicken and chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes.



Plate the Dish

Discard **rosemary sprigs** and serve **mushrooms** and **green beans** on a plate with **chicken** in front. Spoon any remaining **sauce** from pan over chicken.