



**NUTRITION** *per serving* 24g carbohydrates 33g fat 50g protein 1646mg sodium | calorie-conscious, carb-conscious



Calories  
**576**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**5 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

.6 oz. Butter  
8 oz. Cremini Mushrooms  
½ oz. Seasoned Croutons  
6 oz. Kale  
2 Boneless Skinless Chicken Breasts  
1 oz. Grated Parmesan Cheese  
1 Tbsp. Fig Preserves

**CONTAINS:** milk, wheat  
*Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Cooking Spray  
Baking Sheet  
Small Oven-Safe Casserole Dish  
Medium Non-Stick Pan  
Mixing Bowl

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## Roasted Chicken with Fig Butter

with kale and mushrooms Rockefeller

## 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 **450 degrees**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Prepare a small casserole dish with cooking spray

## WHILE YOU COOK

- Heads Up! Parmesan** is used twice. Half is cooked with **vegetables** and remaining tops vegetables.

## FROM THE CHEF

Feel free to keep croutons in their bag when crushing them. Keep bag unopened and use your hands.

### Did you know...

*The relationship between humans and figs goes back a long time. Evidence of fig cultivation from around 9400-9200 B.C. was found in the Jordan Valley. Since this is before the domestication of barley, legumes, or wheat, figs may be in the first instance of agriculture in human history. We've come a long way, figgy!*



### Prepare the Ingredients

Cut **mushrooms** into ¼" slices. Lightly crush **croutons**. Stem and coarsely chop **kale**. Pat **chicken breasts** dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



### Sear the Chicken

Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook until browned, 2-4 minutes per side. Transfer chicken to one half of prepared baking sheet. *Chicken will finish cooking in a later step.* Reserve pan; no need to wipe clean.



### Start the Vegetables

Return pan used for chicken to medium-high heat. Add 2 tsp. **olive oil** and **mushrooms** to hot pan. Cook until mushrooms are lightly browned, 3-4 minutes. Add **kale**, 2 Tbsp. **water**, half the **Parmesan** (reserve remaining to top vegetables), ½ tsp. **salt**, and ¼ tsp. **pepper**. Cover pan and cook until kale wilts, 2-4 minutes. Remove from burner.



### Finish the Vegetables and Chicken

Transfer **vegetables** into prepared casserole dish and top with **croutons** and remaining **Parmesan**. Drizzle ½ tsp. **olive oil** on top. Place next to chicken on baking sheet, and bake until Parmesan is lightly browned and chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes. While chicken cooks, make fig butter.



### Make the Fig Butter

In a mixing bowl, combine **butter** and **fig preserves**.



### Finish the Dish

Plate dish as pictured on front of card. Bon appétit!