



#### In your box

- 1 oz. Grated Parmesan
- 2 Tbsp. Fig Preserves
- 5 oz. Peas
- 8 oz. Pre-Cooked Brown Rice
- 1 oz. Butter
- 13 oz. Boneless Skinless Chicken Breasts



## Chicken with Fig Sauce and brown rice

NUTRITION per serving—Calories: 702, Carbohydrates: 66g, Fat: 24g, Protein: 52g, Sodium: 1434mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutritional information may vary if you selected antibiotic-free chicken breasts as your protein*

Prep & Cook Time  
**15 min.**

Cook Within  
**4 days**

Difficulty Level ● ● ● ● ●  
**Easy**

Spice Level ● ● ● ● ●  
**Not Spicy**

## 📌 You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, Medium Pot

## 👑 Before you cook

*Take a minute to read through the recipe before you start—we promise it will be time well spent!*



### Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner and remove chicken to a plate. Tent with foil. Wipe pan clean and reserve.
- While chicken cooks, make rice.



### Make the Sauce

- Return pan used to cook chicken to medium-high heat.
- Add **fig jam** and  $\frac{1}{4}$  cup **water** to hot pan and stir occasionally until slightly thickened, 1-2 minutes.



### Make the Rice

- Place a medium pot over medium-low heat and add **butter**. Stir occasionally until butter smells "nutty," turns golden, and brown flecks appear, 4-6 minutes.
- *For best results, pierce brown rice bag a few times with a knife, then break up rice inside the bag.* Increase heat to medium-high and stir in **rice** and **peas**. Cook until warmed through, 1-2 minutes.
- Remove from burner and stir in **Parmesan**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper**.



### Finish the Dish

- Plate dish as pictured on front of card, spooning **sauce** over **chicken**. Bon appétit!