



## Chicken with Buttery Fig Pan Sauce & Arugula-Blue Cheese Salad



ca. 20min



2 Servings

Sweet and savory, crisp and creamy, this one-skillet meal packs in the flavor with fresh and bold ingredients. Sweet, dried figs soften in hot water, which we use to make a buttery pan sauce that coats tender boneless, skinless chicken breasts. A classic Dijon vinaigrette brings bright acidity to the peppery arugula salad while soft, tangy blue cheese and crunchy, toasted walnuts top it all off.



## What we send

- 2 oz dried figs
- 1 pkt Dijon mustard <sup>17</sup>
- 1 oz walnuts <sup>15</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate
- 3 oz arugula
- 1 oz blue cheese crumbles <sup>7</sup>

## What you need

- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- butter <sup>7</sup>

## Tools

- medium skillet

## Allergens

Milk (7), Tree Nuts (15), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 700kcal, Fat 48g, Carbs 24g, Protein 47g



### 1. Soften figs

Coarsely chop **figs**. In a small bowl or liquid measuring cup, combine figs with **1/3 cup hot tap water**. Set aside for at least 10 minutes to allow figs to soften.



### 4. Sear chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer chicken to a plate.



### 2. Make Dijon vinaigrette

In a large bowl, whisk to combine **Dijon mustard**, **2 tablespoons oil**, **2 teaspoons vinegar**, and **a pinch each of salt and pepper**. Reserve **vinaigrette** for step 6.



### 5. Make pan sauce

Reduce heat to medium. To same skillet, add **figs with soaking water**, **chicken broth concentrate**, and **1 tablespoon butter**. Cook, stirring, until butter is melted and **sauce** has reduced slightly, 1-2 minutes. Season to taste with **salt** and **pepper**. Return **chicken and any resting juices** to skillet and cook, turning to coat in sauce, about 1 minute more.



### 3. Toast walnuts

Coarsely chop **walnuts**.

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add walnuts and cook, stirring, until toasted, 2-3 minutes. Transfer to a separate bowl and wipe out skillet.



### 6. Finish & serve

Add **arugula** and **walnuts** to bowl with **Dijon vinaigrette**; toss to coat. Transfer **salad** to plates. Place **chicken** next to **salad** and spoon **fig pan sauce** over the top. Garnish with **blue cheese crumbles**. Enjoy!