



Seared Chicken & Buttery Fig Pan Sauce

with 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 oz walnuts ¹⁵
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate
- 5 oz arugula
- 1 oz blue cheese crumbles ⁷
- 1 (¼ oz) Dijon mustard

What you need

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

Tools

- medium skillet

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 48g, Carbs 25g, Protein 48g



1. Soften figs

Coarsely chop **figs**. In a small bowl or liquid measuring cup, combine figs with **⅓ cup hot tap water**. Set aside for at least 10 minutes to allow figs to soften.



2. Make Dijon vinaigrette

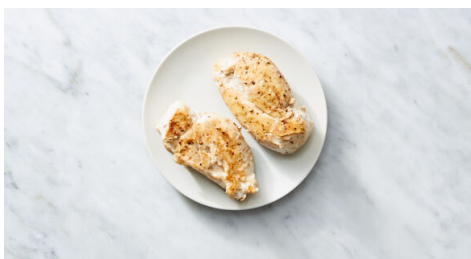
In a large bowl, whisk to combine **Dijon mustard, 2 tablespoons oil, 2 teaspoons vinegar**, and **a pinch each of salt and pepper**. Reserve **vinaigrette** for step 6.



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.



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.



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.



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!