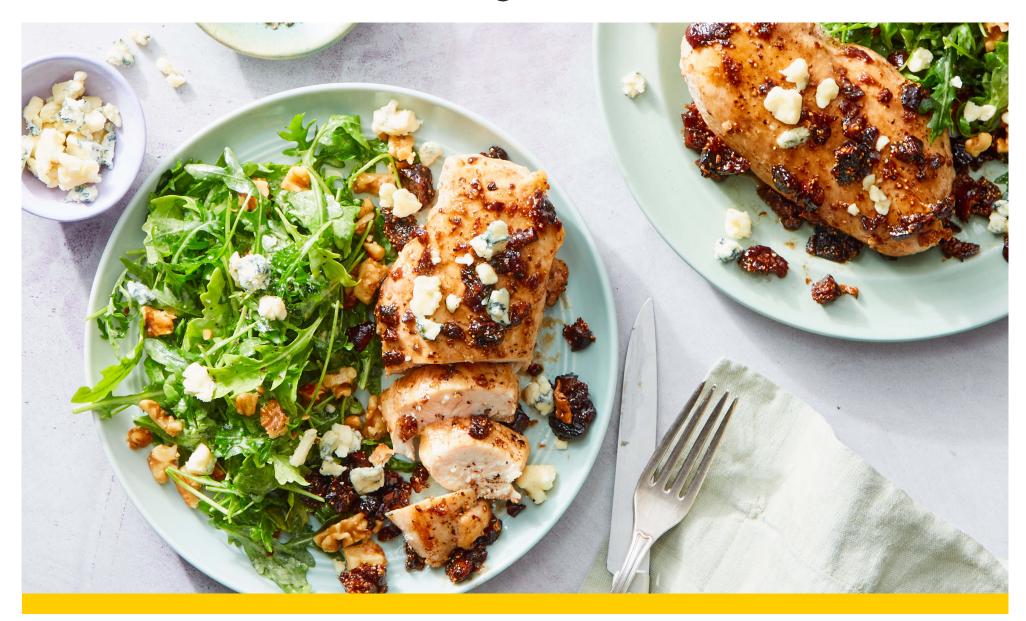
# MARLEY SPOON



## **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
- 1 oz walnuts <sup>2</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate
- 5 oz arugula
- 1 oz blue cheese crumbles 1

## What you need

- · olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- butter 1

#### **Tools**

medium skillet

#### **Allergens**

Milk (1), Tree Nuts (2). 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  $\frac{1}{3}$  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!