



UCOOK

Honey-mustard Chicken & Crispy Potatoes

with a fresh side salad

Getting the balance right between sweet & sharp can send your palate on a mouthwatering merry-go-round. Start this exciting culinary ride with a honey-mustard coated chicken breast, continue with a creamy feta & greens salad with a raspberry vinegar-honey dressing and end on a high note of crispy paprika potatoes.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Jade Summers

Quick & Easy

Stettyn Wines | Stettyn Family Range Chenin Blanc 2023

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Ingredients & Prep

600g	Potato Chunks
30ml	Smoked Paprika
3	Free-range Chicken Breasts
90ml	Honey-mustard <i>(30ml Honey & 60ml Dijon Mustard)</i>
60ml	Dressing <i>(45ml Raspberry Vinegar & 15ml Honey)</i>
60g	Salad Leaves <i>rinse & roughly shred</i>
30g	Pumpkin Seeds
150g	Cucumber <i>rinse & cut into thin rounds</i>
90g	Danish-style Feta <i>drain</i>
1	Bell Pepper <i>rinse, deseed & cut ¾ into strips</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. PAPRIKA POTATOES Coat the potato pieces in oil, the paprika, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil, the paprika, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. HONEY-MUSTARD CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. In the final minute, baste with the honey-mustard. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. FETA & BELL PEPPER SALAD In a bowl, combine the dressing and a drizzle of olive oil. Add the shredded leaves, the seeds, the diced cucumber, the drained feta, the pepper strips, and seasoning.

4. DISH UP DINNER Plate up the honey-mustard chicken. Side with the paprika potatoes and the fresh salad.

Nutritional Information

Per 100g

Energy	371kJ
Energy	89kcal
Protein	6.7g
Carbs	9g
of which sugars	3.9g
Fibre	1.6g
Fat	2.6g
of which saturated	0.9g
Sodium	100mg

Allergens

Sulphites, Cow's Milk

Eat
Within
3 Days