



U C O O K

— COOKING MADE EASY

GLAZED CHICKEN- SKILLET

with charred brussels sprouts & toasted pine nuts

Brussels sprouts and free-range chicken breast, pan fried in a maple syrup and dijon mustard glaze – this skillet of sticky, tangy tastiness is where it's at! Accompanied by delectably cheesy potato and carrot mash.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thandi Mamacos

 **Easy Peasy**

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Ingredients & Prep

| | |
|--------|--|
| 200g | Potato <i>peeled & cut into bite-size chunks</i> |
| 120g | Carrots <i>peeled & cut into bite-size chunks</i> |
| 5ml | Pine Nuts |
| 100g | Brussels Sprouts <i>rinsed & halved</i> |
| 20g | Green Leaves <i>rinsed</i> |
| 1 | Free-Range Chicken Breast |
| 37.5ml | Maple-Mustard Glaze <i>(20ml Maple Syrup, 10ml Apple Cider Vinegar & 7.5ml Dijon Mustard)</i> |
| 15ml | Grated Italian-style Hard Cheese |
| 3g | Fresh Parsley <i>rinsed & roughly chopped</i> |

From Your Kitchen

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

1. BOIL THE POTATO & CARROT Place the potato and carrot chunks in a pot of salted water over a high heat. Bring to the boil with the lid on. Once boiling, remove the lid and reduce the heat. Simmer for 15-20 minutes until softened and cooked through. Remove from the heat on completion and drain. Set aside in the pot with the lid on.

2. TOAST THE PINE NUTS Place a large pan over a medium heat. When hot, toast the pine nuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside.

3. BRUSSELS SPROUTS Return the pan to a medium heat with a drizzle of oil. When hot, fry the halved brussels sprouts cut-side down for 5-6 minutes until charred, shifting occasionally. (Don't worry if they don't stay on their cut side!) Add a splash of water and cook for a further 1-2 minutes until the water has been absorbed. Season to taste and remove from the pan on completion.

4. FRESH SALAD Toss the rinsed green leaves with some olive oil and seasoning. Set aside until serving.

5. JUICY CHICKEN Wipe down the pan if necessary and return it to a medium heat with another drizzle of oil. Pat the chicken breast dry with some paper towel and season. When the pan is hot, fry the chicken skin-side down for 5-7 minutes until the skin is crispy and golden. Flip the breast and fry for a further 5-7 minutes until cooked through. During the final 1-2 minutes, baste the chicken with a knob of butter and the Maple-Mustard Glaze. On completion, keep the pan on the heat and remove the chicken breast. Set aside to rest for 5 minutes before slicing. Return the brussels sprouts to the pan and toss through the remaining basting for 2-3 minutes to heat through.

6. VIBRANT ROOT VEG MASH Pop a knob of butter into the pot of cooked, drained potatoes and carrots. Add a splash of milk or water and the grated Italian-style hard cheese. Mash with a fork or masher until silky smooth and season to taste.

7. STICKY CHICKEN DINNER! Plate up a nourishing bed of root veg mash. Top with the sliced chicken breast and serve up some charred brussels sprouts alongside it. Drizzle over any remaining glaze from the pan. Serve the dressed green leaves on the side, and garnish with the toasted pine nuts and chopped parsley. Beautiful, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 438kj |
| Energy | 105Kcal |
| Protein | 6.7g |
| Carbs | 13g |
| of which sugars | 4.4g |
| Fibre | 2.5g |
| Fat | 3.6g |
| of which saturated | 1.1g |
| Sodium | 550mg |

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within 2
Days