



# 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.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Jade Summers

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Quick & Easy

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Stettyn Wines | Stettyn Family Range Chenin Blanc 2023

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## Ingredients & Prep

200g	Potato Chunks
10ml	Smoked Paprika
1	Free-range Chicken Breast
30ml	Honey-mustard <i>(10ml Honey &amp; 20ml Dijon Mustard)</i>
20ml	Dressing <i>(15ml Raspberry Vinegar &amp; 5ml Honey)</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
10g	Pumpkin Seeds
50g	Cucumber <i>rinse &amp; cut into thin rounds</i>
30g	Danish-style Feta <i>drain</i>
1	Bell Pepper <i>rinse, deseed &amp; cut ¼ 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, 15-20 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, 25-30 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