



WCOOK

Honey-mustard Chicken & Crispy Potatoes

with a fresh side salad

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	358kJ	2806kJ
Energy	86kcal	671kcal
Protein	6.5g	51.1g
Carbs	8g	64g
of which sugars	3.1g	24.6g
Fibre	1.4g	11.1g
Fat	4.4g	34.8g
of which saturated	1.1g	8.3g
Sodium	99mg	774mg

Allergens: Cow's Milk, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato Chunks
30ml	40ml	Smoked Paprika
3	4	Free-range Chicken Breasts
2 units	2 units	UCOOK Honey Mustard Dressing
60ml	80ml	Dressing <i>(45ml [60ml] Chaloners Raspberry Vinegar & 15ml [20ml] Honey)</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
30g	40g	Pumpkin Seeds
150g	200g	Cucumber <i>rinse & cut into rounds</i>
90g	120g	Danish-style Feta <i>drain</i>
1	1	Bell Pepper <i>rinse, deseed & cut $\frac{3}{4}$ [1] into strips</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. PAPRIKA POTATOES Coat the potato in oil, 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 on a roasting tray. Coat in oil, 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 salad leaves, the seeds, the cucumber, the 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.