



UCOOK

Glazed Chicken Skillet

**with charred Brussels sprouts,
carb-conscious veg mash & pine nuts**


Free-range chicken breast and Brussels sprouts, pan fried in a honey 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: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thandi Mamacos

 **Easy Peasy**

 **Delheim Wines | Gewürztraminer**

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Ingredients & Prep

| | |
|--------|--|
| 200g | Potato <i>peeled & cut into bite-sized chunks</i> |
| 120g | Carrot <i>peeled & cut into bite-sized chunks</i> |
| 5g | Pine Nuts |
| 20g | Green Leaves <i>rinsed</i> |
| 100g | Brussels Sprouts <i>rinsed & halved</i> |
| 1 | Free-range Chicken Breast |
| 37,5ml | Honey-Mustard Glaze <i>(20ml Honey, 10ml Apple Cider Vinegar & 7,5ml Dijon Mustard)</i> |
| 15ml | Grated Italian-style Hard Cheese |
| 3g | Fresh Parsley <i>rinsed, picked & roughly chopped</i> |

From Your Kitchen

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

1. BUBBLE IT UP Pop the potato and carrot chunks into a pot of salted water. Place over a high heat and cover with a lid. Once boiling, remove the lid and reduce the heat. Simmer for 15-20 minutes until soft and cooked through. Drain on completion and return to the pot. Replace the lid and set aside.

2. TOASTED PINE NUTS & TOSSED LEAVES Place a 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 to cool. Toss the rinsed green leaves with some olive oil and seasoning, and set aside for serving.

3. CHARGRILL THE GREENS 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 cut-side down.) Add in a small splash of water and simmer for a further 1-2 minutes until the water has been absorbed and the sprouts are cooked al dente. Remove from the pan, season, and set aside.

4. FRY YOUR STICKY CHICKEN Pat the chicken dry with paper towel. Wipe down the pan and return to a medium heat with another drizzle of oil. When hot, fry the chicken for 5-7 minutes on one side until golden. Flip and fry for a further 5-7 minutes until cooked through. In the final 1-2 minutes, baste with a knob of butter and the honey-mustard glaze. Remove the chicken and set aside to rest for 5 minutes, leaving the pan of basting on the heat. Return the sprouts to the pan and toss through the basting for 2-3 minutes until reheated. Remove the pan from the heat.

5. VIBRANT ROOT VEG MASH Pop a generous knob of butter into the pot of cooked, drained potato and carrot. Add a splash of milk or water and the hard cheese. Mash with a fork or potato masher until smooth and combined, and season to taste. Cut the chicken into slices and season.

6. COSY CHICKEN DINNER Dish up a mound of nourishing veggie mash. Plate the chicken slices and charred Brussels sprouts alongside it. Drizzle over any remaining glaze from the pan and sprinkle with the chopped parsley. Garnish the dressed leaves with the toasted pine nuts and serve on the side. Beautiful, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 411kJ |
| Energy | 98Kcal |
| Protein | 8.1g |
| Carbs | 13g |
| of which sugars | 5g |
| Fibre | 2.4g |
| Fat | 2.2g |
| of which saturated | 0.7g |
| Sodium | 62mg |

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days