



# WCOOK

## Honey-mustard Chicken & Crispy Potatoes

with a fresh side salad

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**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 1	[Serves 2]	
200g	400g	Potato Chunks
10ml	20ml	Smoked Paprika
1	2	Free-range Chicken Breast/s
1 unit	1 unit	UCOOK Honey Mustard Dressing
20ml	40ml	Dressing <i>(15ml [30ml] Chaloner Raspberry Vinegar &amp; 5ml [10ml] Honey)</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
10g	20g	Pumpkin Seeds
50g	100g	Cucumber <i>rinse &amp; cut into rounds</i>
30g	60g	Danish-style Feta <i>drain</i>
1	1	Bell Pepper <i>rinse, deseed &amp; cut ¼ [½] 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, 15-20 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, 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 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.