



# 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.

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**Hands-On Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Thandi Mamacos

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 Easy Peasy

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 Delheim Wines | Gewürztraminer

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## Ingredients & Prep

400g	Potato <i>peeled &amp; cut into bite-sized chunks</i>
240g	Carrot <i>peeled &amp; cut into bite-sized chunks</i>
10g	Pine Nuts
40g	Green Leaves <i>rinsed</i>
200g	Brussels Sprouts <i>rinsed &amp; halved</i>
2	Free-range Chicken Breasts
75ml	Honey-Mustard Glaze <i>(40ml Honey, 20ml Apple Cider Vinegar &amp; 15ml Dijon Mustard)</i>
30ml	Grated Italian-style Hard Cheese
5g	Fresh Parsley <i>rinsed, picked &amp; 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 6-8 minutes until charred, shifting occasionally. (Don't worry if they don't stay cut-side down.) Add in a 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