



GENERAL MENU SET RECIPE OPTION

Spice-crusted chicken with broccoli

INGREDIENTS (1 serving)

FREEZABLE

- 25g (0.8oz) Dijon mustard
- 25ml (0.8 fl. oz) low sodium soy sauce
- 300g (10.6oz) skinless chicken breast
- 2 tsp Moroccan rub (from cycle 2)
- 5ml (0.2 fl. oz) olive oil
- 20g (0.6oz) butter
- 45g (1.5oz) onion, sliced
- 1 garlic clove, grated
- 1 small red chilli, deseeded and chopped
- 165g (5.8oz) broccoli florets
- 35g (1.2oz) pine nuts

A really simple dish that will add punch to your lunch box. This dish is so quick to prepare and is great to have hot or cold.

METHOD

In a small bowl mix together the mustard and soy sauce. Place the chicken breast between two pieces of cling film or baking parchment on a chopping board. Using a rolling pin, meat mallet or any other blunt instrument, bash the chicken until it's about 1cm thick all over. Rub this mix all over the chicken breast then sprinkle on the Moroccan rub so that it sticks.

Heat the olive oil in a non-stick frying pan over a medium heat, carefully lay the chicken in the pan and cook for 4-5 minutes on each side until nice and crispy and cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

While the chicken is cooking heat another medium-sized frying pan, add the butter and gently fry the onions, garlic and chilli for 1-2 minutes then add the broccoli and a splash of water. Put a lid on the pan and cook the broccoli for 4-5 minutes.

When the broccoli is ready, pile onto a plate, sprinkle over pine nuts and top with the chicken.