

Mustard Glazed Chicken and Poached Apple

Tonight features an old-fashioned “meat and potatoes” approach to supper. Plant-based Chick’n Strips work well for this recipe, but you can also use optional chicken. The tangy chicken is served over fried and poached apple slices. Lemon broccoli with roasted red potato halves finishes the plate. Pretty tasty stuff!

Preparation Time: 40 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). There are items to prep in all boxes today.

Roasted Potatoes

- 1 tsp. olive oil
- 10 small baby red potatoes (scrubbed and halved)
- pinch of salt

Poached Apple

- 1 tsp. olive oil
- 1 large, tart apple (cored and sliced)
- 1/2 C. white wine
(more wine or broth as needed)

Lemon Broccoli

- 1 tsp. butter
- 1 T. lemon juice
- 1/4 C. low-sodium vegetable broth
- 1/2 tsp. honey

- 1 lb. broccoli (washed and chopped)

Mustard Glazed Chicken

Plant-based Choice or Optional Chicken

- 2 tsp. olive oil
- 20 pieces your choice of plant-based Chick’n Strips
- 1/4 C. white wine
- or
- 1 tsp. olive oil
- 1 boneless, skinless chicken breast
- 1/2 C. white wine

Glaze

- 2 tsp. honey
- 2 tsp. Dijon mustard
- 2 tsp. rice wine vinegar
- 1 tsp. olive oil



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

The potatoes take the most time to cook, so once they're in the oven you can continue with preparations for the rest of the meal.

Roasted Potatoes

1. Rub halved potatoes with oil and place, flat-side-down, on a cookie sheet. Slide into preheated oven and cook for 25 minutes.
2. Remove from oven when cooked and sprinkle with a pinch of salt.

Poached Apples and Mustard Glazed Chicken

1. Place apple slices in an oiled sauté pan and brown on both sides. Add 1/2 C. white wine and poach over medium heat a couple of minutes until slices are tender. Remove from heat and set aside.
2. Mix glaze ingredients together in a small bowl.
3. Plant-based Chick'n strips: brown strips in oil and add 1/4 C. white wine and toss until wine nearly disappears. Remove from heat. When cool, slice strips in half lengthwise. Return sliced strips to pan with glaze ingredients and toss over medium heat until well coated. Remove from heat.
4. Optional chicken: brown chicken breast in a sauté pan with oil. Brown on all sides. Add wine, cover, and bring to a boil, reduce heat to medium-low, cover, and cook 5-minutes per side. When cooked, allow to cool and then thin slice. Return to pan and cover with honey, mustard vinegar mixture. Toss well over medium heat to coat slices. Remove from heat. Set aside.

Steam Broccoli and Plate the Meal

1. Place butter, lemon juice, broth and honey in a bowl and microwave 1 minute. Stir well.
2. Bring 3/4 C. water to boil in the bottom of a steamer pan. Steam broccoli 4 minutes to desired tenderness. Remove from heat, discard steaming water and use the bottom of the steamer to toss broccoli with lemon juice mixture. (Cover and set on the back of stove.)

Plate the Meal

Place both pans with apple slices and mustard chicken on burners to rewarm. Add another ¼ C. wine or broth to chicken strips and toss well to bring up brownings from the bottom of the pan. You want your chicken strips to be moist when you serve them. Arrange warm apple slices on two serving plates and divide warmed chicken strips over apple slices. Flank with roasted potatoes and lemon broccoli.

What I've Learned from this Recipe

As I worked on this recipe I discovered that it's OK to be bold with flavors. The first trials required adding more mustard to the recipe. The glaze needs to taste of mustard yet be slightly sweet. Some people may want even more mustard flavor.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com