

Mustard Greens with Spicy Potatoes

Mustard greens, the often overlooked dark leafy green, is the center of attention tonight! If you don't care for the sharp flavor of mustard greens, just use some chard. The greens are served over a bed of slightly-spicy roasted potato rounds. Poached winter pear pieces accent the greens with a touch of sweetness and a sprinkle of aged gouda cheese adds just enough savory richness to finish the dish.

Preparation Time: 40 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep ingredients on small plates or in bowls. Cooking's more fun when you're organized.
Prep 2 cloves chopped garlic: 1 in the spicy potatoes and 1 in the greens.

Spicy Roasted Potatoes

1 tsp. olive oil
3 medium red potatoes (scrubbed and sliced into 1/4" thick rounds)

Spicy Glaze

1/2 tsp. sesame oil
2 T. rice wine vinegar
1 T. chili powder
1/2 tsp. ground cumin
1 tsp. honey
1 clove garlic (smashed and chopped)

Plant-based Choice or Optional Chicken

Plant-based Choice:

4 chickenless tenders

- or -

Optional Chicken:

1 tsp. olive oil
1 raw boneless, skinless chicken breast
1/2 C. white wine
Salt and pepper

Mustard Greens

1/2 C. low-sodium vegetable broth
2 tsp. Prepared mustard
2 T. rice wine vinegar
1 tsp. low-sodium soy sauce or tamari
2 tsp. honey (if cooking mustard greens)

1 clove garlic (smashed and chopped)
1/2 C. thin-sliced yellow onion (quartered)
2 bunches mustard greens or 1 bunch chard (washed, stems and leaves chopped separately)

Poached Pear:

3/4 C. white wine
1 winter pear (cored and thin sliced)

Garnish:

grating of Gouda cheese



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

The plant-based choice can cook in the same pan as the potatoes. Start cooking the greens during the final 15 minutes the potatoes are cooking. Once the pear is poached it will hold until ready to plate the meal.

Spicy Roasted Potatoes

1. Place potato slices in oven on 1/2 of an oiled cookie sheet. Set timer for 15 minutes.
2. Mix Spicy Glaze ingredients in medium-sized bowl. Warm in microwave 1-minute on high. Set aside.
3. After 15 minutes, remove the potatoes from the oven and turn them. Add plant-based tenders to the cookie sheet and return to oven for 8 minutes.
4. Turn tenders after 8 minutes and toss potatoes with Spicy Glaze mixture. Cook tenders and potatoes another 7 minutes.

Chicken or Plant-based choice

Plant-based choice:

If going meatless, put tenders on the cookie sheet when you turn potatoes. Cook a total of 15 minutes turning once. Let cool. Slice.

Optional Chicken:

Brown chicken breast in oil in a sauté pan. When well browned, add wine to pan, reduce heat to medium-low, cover pan and cook 5 minutes per side. Remove from heat, allow to cool and slice before plating the meal.

Mustard Greens and Poached Pear

Mustard Greens:

1. Measure broth, mustard, vinegar, soy sauce and honey into large, deep saucepan or soup kettle. Add garlic, onion and chopped stems. Bring to a boil and cook 10 minutes.
2. Add chopped leaves and toss about 2-minutes. Remove from burner.

Poached Pear:

Measure wine into a small sauté pan. Bring to a boil and slide pear slices into pan and poach each side about 1-minute. Remove pan from heat and set aside.

Plate the meal:

Divide potatoes between two serving plates. Lift greens from pan with perforated spoon and partially cover potatoes with greens. Arrange pears and chicken slices over top of greens and shave a light grating of Gouda cheese

What I've Learned from this Recipe

Mustard greens are slightly bitter and need the sweetness of the added honey during the cooking process. If using chard, you will not need the honey.

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