

Nested Chicken with Spicy Sweet Potato Fries

Thin-sliced and brightly seasoned Chick'n Strips with seared peppers and onions are nested in a bed of dressed arugula on your dinner plate tonight. It's all topped with some shredded extra-sharp cheddar cheese and accompanied by a side of spicy sweet potato fries.

It's a plate filled with an abundance of flavor and texture that is sure to keep you feeling fresh and light as you take on your Friday night activities.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

I like to organize all my prepped ingredients in dishes and small bowls so that they're easy to add when the recipe calls for them.

Southwest Spice Mix

1 T. chili powder
1/2 tsp ground cumin
1/2 tsp. garlic powder
1/4 tsp. onion powder
1/2 tsp. dried oregano leaves
1/2 tsp. granulated sugar
1/4 tsp. salt

Spicy Sweet Potato Fries

2 medium garnet yams or sweet potatoes (peeled and sliced French-fry style)
2 tsp. olive oil
2 T. Southwest Spice Mix

Garnish:

2 T. grated Cheddar Cheese

Dressed Arugula

3 C. washed arugula (or optional lettuce mix)
Dressing:
1 tsp. olive oil
1 tsp. balsamic vinegar
1 tsp. honey
2 tsp. vegetable broth

Plant-based Choice or Optional Chicken

Plant-based Choice:

1 tsp. extra-virgin olive oil
25 pieces plant-based chick'n strips
1/4 C. white wine
1 T. Southwest Spice Mix

Optional Chicken:

2 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine

Seared Onions and Peppers

2 tsp. olive oil
1 C. onion (thin sliced)
2/3 C. red bell pepper (thin-sliced)
2/3 C. green bell pepper (thin-sliced)
1 clove garlic (smashed and chopped)
1/2 C. frozen corn
1/2 C. white wine
1/2 tsp. chili powder
1/4 tsp. ground cumin
1 T. lime juice

1/2 C. homemade or commercial salsa
1 T. lime juice

Let's Prepare, Cook, and Plate This!

Preheat oven to 400 degrees

Basic Assembly Instructions

Start by assembling Spice Mix. Combine all ingredients in a small bowl. Use as indicated.

Sweet Potato Fries

1. Wet cut sweet potatoes with a little water and toss with 1/2 of the spice mix.
2. Place seasoned potatoes on an oiled cookie sheet and slide into the preheated oven.
3. Cook a total of 20 minutes. Turn fries after 10 minutes and again after 5 more minutes.
4. You want the fries to get a little crispy on the outside.

Plant-based Choice:

Plant-based Choice or Optional Chicken

Brown strips in oil, turning them to brown on all sides.

When brown, remove from heat and add 1/4 C. white wine to pan and toss until wine disappears. Allow to cool and slice in half lengthwise.

Optional Chicken:

Brown chicken breast in oil. Add wine, sprinkle with spice mix, cover, reduce heat and cook 5 minutes per side. Set a timer. Allow to cool, and slice.

Seared Onions and Peppers

1. Sear onions and peppers in oil over medium-high heat. When onions start to turn brown, add garlic, corn, spices and wine. Toss 2 minutes, add salsa and toss 2 more minutes. Remove from heat.
2. Drizzle with lime juice.

Dressed Arugula:

Dressed Arugula/Plate

Place washed arugula in a large bowl. Mix dressing in a small bowl, pour over arugula and toss.

Plate:

Divide arugula between two serving plates, covering the entire plate. Place mounds of Chik'n, seared vegetables and potato fries over arugula. Garnish with grated cheddar cheese.

What I've Learned from this Recipe

All of these cooked items play well together. However, the presentation looks better when served in separate mounds. Diners can mix them at will as they dine.

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