

# Sweetheart Chicken with Sour Cherry Sauce

It's Valentine's Day! Tonight you'll prepare a bistro-worthy celebration.

I hope you enjoy this unique and tasty meal. It features plant-based cutlets (or optional chicken) with sour cherry sauce. The cutlets are served with Rosemary Potatoes, savory seared Brussels Sprouts with roasted hazelnuts and smoky tempeh.

**Preparation time: 45 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Start by prepping and organizing all ingredients on small plates or in bowls. It just makes cooking easier. If you don't have browned smoky tempeh in the fridge, brown some as part of prep. (Bake about 5 minutes per side in a 400° oven. Let cool and chop.)

#### Toasted Hazelnuts/Browned Tempeh

10 hazelnuts  
4 slices smoky tempeh (browned)

#### Roasted Rosemary Potatoes

2 tsp. olive oil  
10 whole baby potatoes (scrubbed)  
pinch of salt

a sprig of fresh rosemary

#### Savory Brussels Sprouts

1/2 lb. Brussels Sprouts (washed and halved)

10 hazelnuts (from above)

2 tsp. canola oil  
plus  
1 tsp. olive oil

1 T. lemon juice  
mixed with  
1 T. low-sodium veggie broth

#### Sour Cherry Sauce/Cutlets

##### Sour Cherry Sauce

1/2 C. sour cherry juice  
1 clove garlic (smashed and chopped)  
1/4 C. yellow onion (finely-chopped)  
1/4 C. low-sodium veggie broth  
1 T. granulated sugar  
1/4 C. red wine  
1/2 tsp. salt  
1 sprig fresh rosemary  
1 C. frozen sour cherries  
1 tsp. butter

2 T. cornstarch  
dissolved in  
1/2 C. water

2 T. sherry

##### Plant-based Choice or Optional Chicken

1 tsp. olive oil  
2 Plant-based Chicken Cutlets  
1/4 C. white wine

or

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

Preheat oven to  
400°

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Toast the hazelnuts in the preheated 400° oven. Toss them from time-to-time for about 5 minutes, or until the skins begin to char. Remove from oven and allow to cool.

### Roasted Rosemary Potatoes

Toss whole potatoes in a small bowl with olive oil and a pinch of salt. Wrap potatoes in foil with a sprig of fresh rosemary and place on a cookie sheet. Bake 25 minutes in a 400° oven. Remove from oven when tender. Leave wrapped until ready to serve.

### Sour Cherry Sauce and Cutlets

#### Sour Cherry Sauce:

1. Place cherry juice, garlic, onion, broth, sugar, wine and salt in a 1 quart saucepan. Bring to a boil, place a sprig of fresh rosemary in the pan, reduce heat to low and cook 3 minutes.
2. Add frozen sour cherries and butter to boiling liquid and thicken with cornstarch mixture. Add sherry and cook another 5-minutes over low heat. Turn off heat until ready to serve.

Plant-based Choice: Brown two plant-based cutlets according to package directions. Add wine and cover pan quickly as it will sputter. Wine will cook away quickly. Remove from heat and cover until ready to serve.

#### Optional Chicken:

Brown chicken breasts in olive oil in a small sauté pan over medium-high heat. Add wine, season with a little salt and pepper, cover and simmer at medium-low heat about 5-minutes per side. Remove from heat. Leave covered until ready to serve.

### Savory Brussels Sprouts

1. Place halved sprouts in top of a steamer pan with 3/4 C. boiling water Steam 4-minutes once the water boils. Remove from heat. Set aside, uncovered.
2. While sprouts steam, rub browned hazelnuts between palms to remove loose skin from nuts. (Some skin will still stick to the nuts and that's OK). Halve nuts and set aside.
3. Heat canola and olive oils in a large sauté pan until oil is shimmering. Sear steamed Brussels Sprouts until brown, (nearly charred), in hot oil. Add chopped tempeh, nuts and lemon juice/broth mixture and toss until liquid disappears.

### Plate the Meal

Make a pool of cherry sauce and place cutlet (or optional chicken) over sauce. Spoon extra cherry sauce over the cutlet leaving 1/2 of the meat exposed. Flank with roasted potatoes and Brussels Sprouts.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)