



Chicken Dinner for One



the Combi Wave™ 3 in 1

Sage®

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 Prep: 10 minutes / Cook: 9 minutes

 Serves: 1

1 x 225g chicken breast fillet, cut into 1cm-thick slices
1 x 170g sweet potato, peeled, cut into 1cm-thick rounds
Sea salt and freshly ground black pepper, to season
60ml chicken stock
100g broccolini, trimmed
Lemon wedges, to serve

Mustard and Maple Marinade

2 tbsp olive oil
1 tbsp wholegrain mustard
2 tbsp pure maple syrup
1 clove garlic, crushed
1 tsp coarsely grated lemon zest
2 tbsp lemon juice
½ tsp sea salt

Method

- 1. Make the Mustard and Maple Marinade.**
Place all the marinade ingredients in a medium bowl and whisk to combine. Remove half the marinade and reserve.
- 2. Add the chicken to the marinade in the bowl and turn to coat.**
- 3. Place the sweet potato on a microwave-safe plate. Season with salt and pepper and pour over the stock. Cover the plate with a vented lid or plastic wrap and place on the turntable. Press MICROWAVE and set 100% for 5 minutes. Press START to begin cooking.**
- 4. Arrange the chicken pieces over the sweet potato and place the broccolini next to the chicken. Cover and place back on the turntable. Press MICROWAVE and set 100% for 4 minutes. Press START to begin cooking.**
- 5. Allow it to rest for 2 minutes. Drizzle the chicken with the reserved marinade. Serve with lemon wedges.**