



Chicken Dinner for One



the Combi Wave™ 3 in 1

Breville®

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Prep: 10 minutes / Cook: 12 minutes



Serves: 1



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Mustard and Maple Marinade

- 1 tablespoon olive oil*
- 2 teaspoons wholegrain mustard*
- 2 teaspoons maple syrup*
- 1 clove garlic, minced*
- 1 teaspoon lemon zest*
- ½ teaspoon kosher salt*

Dinner

- 1 x 8-ounce (225g) chicken breast, sliced into ⅜-inch (1cm) pieces*
- 6 ounces (170g) sweet potato, peeled, sliced into ⅜-inch (1cm) rounds*
- ¼ cup (60ml) chicken stock*
- Kosher salt and freshly ground black pepper*
- 4 ounces (115g) broccolini, trimmed*

To Serve

- Lemon wedges*

Method

- 1. Make Mustard and Maple Marinade: Place marinade ingredients in medium bowl and whisk to combine. Add chicken and turn to coat. Set aside.*
- 2. Place sweet potato slices on microwave safe plate. Season with salt and pepper and pour over stock. Cover plate with vented lid or plastic wrap and place on turntable. Press MICROWAVE and set 100% for 5 minutes. Press START to begin cooking.*
- 3. Arrange chicken slices in a single layer over sweet potatoes and place broccolini next to chicken. Cover and place back on turntable. Press MICROWAVE and set 100% for 4 minutes. Press START to begin cooking.*
- 4. Let rest for 2 minutes before serving.*