

45 minutes

Serves 4-6

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Ingredients:

- Olive oil or canola oil, for frying
- 6-8 (about 700g) chicken fillets
- Salt and milled pepper
- 1 onion, sliced
- 2 tsp (10ml) PnP crushed garlic & ginger
- 2 tsp (10ml) wholegrain mustard
- ¼ cup (60ml) butter
- ⅓ cup (80ml) orange marmalade
- 2 Tbsp (30ml) brown sugar or honey
- 1 tsp (5ml) smoked paprika (optional)
- ¼ cup (60ml) water
- 1 packet (400g) PnP tasty stem broccoli, blanched
- ½ packet (150g) Brussels sprouts, halved and blanched
- Splash fresh orange juice (or lemon juice)
- Orange slices, for garnish (optional)

Method

1. Heat a glug of oil in a pan over high heat.
2. Season chicken and fry until browned, about 4-5 minutes per side.
3. Remove and set aside.
4. Sauté onion in the same pan over medium heat until soft, about 8 minutes.
5. Add crushed garlic & ginger, mustard and butter, and simmer for a few minutes.
6. Return chicken to pan.
7. Combine marmalade, sugar or honey, paprika and water.
8. Pour into pan and cook for 5-8 minutes, coating chicken in glaze. Season.

9. Stir through blanched greens and cook for 3-5 minutes until brussels sprouts are bright green and tender.
10. Stir in orange juice and serve, garnished with orange slices if you like.

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