

Since 1905



Chicken with Sweet Potato

Ingredients:

4 Boneless Chicken
Breasts, skinned
Salt and Black Pepper
2 tbsp. Olive Oil
1 Onion, chopped
14 oz. Sweet Potato,
peeled and cubed
7 oz. Mushrooms,
roughly chopped
2 tsp. Dried Sage
2 tbsp. Plain Flour
16 fl. oz. Chicken Stock
2 fl. oz. Cider Vinegar
2 tsp. Woeber's
Sandwich Pals Sweet
& Spicy Mustard

Instructions:

1. Season the chicken with salt and pepper. Heat the oil in a large saucepan, add the chicken and brown on both sides. Remove chicken from pan.
2. Reheat the oil in the pan, add the onion, sweet potato, mushrooms and sage and cook, stirring for about 5 minutes adding a little water if necessary to prevent the mixture from sticking.
3. Sprinkle flour over vegetables and cook, stirring, for 1 minute then add the stock, vinegar and Woeber's Sandwich Pals Sweet & Spicy Mustard, mix well and bring to the boil.
4. Return the chicken to the pan, mix well then cover and simmer for 20-25 minutes or until chicken and sweet potatoes are cooked through.