

## **Chicken with broccoli, potatoes and mustard sauce**

### **For the chicken**

Cut the breast into ½ inch strips

Season with salt and pepper

Dust with flour (or omit this is Gluten Free)

Heat a large sauté pan to medium heat

Add 2/4T grapeseed oil and add the chicken 1 by 1, leaving space to cook evenly.

Turn the chicken over 5 minutes thru and cook 5 more minutes.

Place onto baking sheet and repeat with all the chicken until cooked

Add the mustard sauce (for the 4 serving meals, combine mustard and sauce containers) and bring to a simmer, add the chicken back to the pan and serve

### **For the Potatoes and Broccoli**

Heat the oven to 350 degrees

Cut the potatoes into quarters

Cut the Broccoli into pieces

In a large bowl toss the potatoes and Broccoli with salt, pepper and olive oil

Place on baking sheet and roast for 20-25 minutes

Serve with the chicken and sauce

### **Fruit Salad**

Enjoy fruit salad on the side!!