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by Liz Robb

Honey Mustard Chicken and Coleslaw

Ingredients

For the chicken: 2 heaped tablespoons of wholegrain mustard
3-4 tablespoons of runny honey
1 tablespoon of Worcestershire sauce
1 tablespoon of dark soy sauce
2 teaspoons of olive oil
2 cloves of garlic
Salt and black pepper
800g mini chicken fillets, or chicken breasts cut into several pieces lengthways
Mixed salad leaves
For the coleslaw:
250-300g red cabbage
A bunch of spring onions
3 small carrots
Half a small Braeburn apple
1 lemon
2 heaped tablespoons of mayonnaise
1 heaped tablespoon of low fat crème fraiche
A splash of olive oil
Salt and black pepper
Servings
4
Person

Preparation

1. 1. Preheat the oven to 200 degrees or 180 degrees fan oven. 2. Spoon the mustard, honey, Worcestershire sauce, soy sauce and oil into a large bowl. Peel and crush the garlic into the bowl then season with salt and black pepper and mix everything together. Place the mini chicken fillets into the bowl and mix to coat them thoroughly.
2. Lightly brush a large baking tray with olive oil and place the chicken pieces on the tray, spooning over any remaining glaze from the bowl. Bake for about 15 minutes, or until the chicken is sticky, beginning to brown at the edges and completely cooked through.
3. 3. For the coleslaw, remove any tough outer leaves and the core from the cabbage and then slice it into short thin strips. Peel the carrots, cut them into 3 pieces then slice them into thin matchsticks. Chop the spring onions into small pieces and place the vegetables together in a large bowl
4. Peel and core the half apple and then slice it into small thin pieces. Squeeze the juice from the lemon over the apple pieces, stir together then add to the cabbage mixture.
5. Into a small bowl, put the mayonnaise, crème fraiche, olive oil, salt and black pepper, then mix together well. Add it to the rest of the ingredients and stir until everything is evenly coated.
6. 4. Arrange a bed of salad leaves on each plate and place the chicken on top of them, with a small dish of coleslaw on the side.

Cooks Note

This is a lovely light summer dish, pieces of sticky chicken with a honey and wholegrain mustard coating on a bed of salad leaves, accompanied by a fresh coleslaw made from crunchy red cabbage, carrot and spring onion, tangy apple and lemon juice and a light creamy dressing.

Eat it just as it is for a delicious lunch or supper, serve smaller portions as a summer starter, or add fresh bread, baby new potatoes or baked potatoes for a really substantial meal.

Serves 4