

Froggy's

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Entree #4

# Chicken Dijonnaise

Prep Time: 15 min  
Rack Height: 4 inch  
Power Level: HI  
Cook Time: 30 min

*Nuwave*  
PRE INFRARED OVEN

www.nuwaveoven.com



# Chicken Dijonnaise



Serves: 2

Questions: 1-888-689-2831

## Ingredients:

- 2 fresh chicken breasts (can use bone or boneless)
- 1/2 cup olive oil
- salt & pepper
- 1/2 cup dijon mustard
- 1/2 cup breadcrumbs
- 1 onion
- 1 garlic clove (finely chopped)
- 1 bay leaf
- pinch of thyme
- assorted vegetables (carrots, zucchini, asparagus, etc.)
- 2 cups uncooked rice (follow directions on package)

## Cooking Instructions:

1. Brush chicken with mustard.
2. Lightly bread chicken with bread crumbs. Set aside.
3. Place assorted vegetables in 10 inch baking pan.
4. Place chicken on top of vegetables. Sprinkle garlic, bay leaf, and thyme.
5. Place pan on the 4 inch rack, and cook on power level HI for 30 minutes or until juices run clear.
6. Cook rice right in the Nu-Wave Oven at the same time. Place appropriate amounts of rice, water\*, butter, and salt in a covered dish according to directions. Place the covered dish right on the liner pan. Cook on HI for about 30 minutes until tender.

\* When adding water to rice, make sure to use hot (boiling) water.

## Options & Cooking Tips:

- For a healthier alternative, remove the skin from the chicken. For easy removal, place a paper towel over the skin - simply grab and pull.
- You can also substitute with other chicken pieces such as legs or thighs.
- Add 1/2 onion (finely chopped) to your rice mixture for extra flavor.
- To check doneness, a digital thermometer is recommended.

Suggested Wine: Pinot Noir Carneros Creek Red Wine