

Pan Fried Chicken, Sweet Potato and Apple



Ingredients

450 g boneless, skinless chicken breasts, cut into 1.5-cm cubes
Freshly ground black pepper
4 tsp olive oil, divided
2 slices reduced-fat middle bacon, chopped
1 1/2 cups brussels sprouts, trimmed and quartered
1 medium sweet potato (220 g), peeled and cut into 1.5-cm cubes
1 medium onion, chopped
2 Golden Delicious apples, peeled, cored and cut into 2-cm cubes
4 garlic cloves, sliced
1 tsp chopped fresh thyme or 1/4 tsp dried
1/4 tsp cinnamon
1 cup reduced-sodium chicken broth
1/4 tsp pepper

Method

1. Season chicken lightly with pepper. Heat 2 tsp of the oil in a large, nonstick frypan or cast-iron pan over medium-high heat. Add chicken and cook until lightly browned and cooked through, about 5 minutes. Transfer chicken to a plate.
2. Return pan to heat and add remaining 2 tsp of oil. Stir in bacon and cook until it starts to brown, about 2 minutes. Add brussels sprouts, sweet potato and onion. Cook, stirring occasionally, until vegies are tender but retain bite, about 5 minutes.
3. Stir in apples, garlic, thyme and cinnamon; cook for 3 minutes. Pour in 1/2 cup of broth, bring to the boil and cook until evaporated, about 2 minutes.
4. Add reserved chicken and remaining 1/2 cup broth. Cook until hot, about 2 minutes. Serve.

Notes

NUTRITIONAL INFO PER SERVING

1,290 kJ (308 cal), 33 g protein, 20 g carbs, 5 g fibre, 10 g fat (2 g sat fat), 389 mg sodium

Source: [Prevention](#)