

Chicken Strips in Honey-Mustard Sauce

Recipe By *Brynie Greisman*



Cooking and Prep:  1 h

Serves:  6

Contains:   

Preference: Meat

Difficulty: Easy

Source: Family Table by
Mishpacha Magazine

One of my favorite people in the whole world is Odil F. You know those positive, warm, “everything is great” people that you just love spending time with? She recently shared this recipe with me and I knew I had to try it. I made it tonight for supper for my family and guests, and they all rated it 10+. I love that it uses regular ingredients that you have in the house, and that it’s an all-in-one dish.

Ingredients (14)

Main ingredients

- 1 and 1/2 pounds (680 grams) chicken cutlets, cut into strips
- salt, to taste
- pepper, to taste
- garlic powder, to taste
- Gefen Olive Oil**, for sautéing
- 1 large onion, cut in half, and then into strips

- 2 large carrots, julienned
 - 2 medium sweet potatoes, julienned
 - 1–2 tablespoons flour
 - 1 tablespoon **Gefen Soy Sauce**
 - 1/4 cup mustard
 - 3 tablespoons **Gefen Honey**
 - 1/4 cup water, or more as needed
 - scallions, sliced, for garnish
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Start Cooking

Prepare the Chicken

Yields 6 servings as a one-choice main dish or 8-10 if there are other choices.

1. Place chicken cutlet pieces in a medium-sized bowl. Add garlic powder and salt and pepper to taste (be generous) and toss to coat.
2. Heat a few tablespoons of olive oil in a large skillet until very hot. Add cutlet pieces and sauté a few minutes on each side until white. (I sometimes cover the skillet halfway through so it cooks more through and through.) When all finished, set aside on a large plate lined with paper towels.
3. In the same skillet, heat a little more olive oil. Sauté onion for two to three minutes.
4. Add carrots and sweet potatoes and continue sautéing a few more minutes, until you see the color changing. Stir constantly. Add flour, soy sauce, mustard, and honey and cook over low heat for approximately 15 minutes. After about seven or eight minutes add a little water (start with approximately a quarter cup) to prevent scorching. Taste and adjust seasoning if necessary, adding more soy sauce, mustard, or honey.
- 5.

Add chicken cutlet pieces and continue cooking for an additional 15 minutes partially covered. Once again, add a drop of water if necessary. Remove from heat and allow to steam for 15–30 minutes.

6. Serve over rice or mashed potatoes, drizzling sauce over all.

Note:

If you like your veggies very soft, make sure you julienne them finely. Otherwise, there will still be a slight crunch to them. Also, I used two pounds (900 grams) of chicken cutlets and I found the amount of sauce adequate. Feel free to alter the quantity of the cutlets and/or the veggies to your liking. For a chunkier dish, cut each cutlet into eight cubes instead of strips.

Credits

Photography: Hudi Greenberger

Food Styling: Renee Muller