

## Marianne's Strawberry Chicken

yield: 4 servings

- 4 Boneless, skinless chicken breast filets (approx. 1-1/2 lbs.)
- 1-1/2 to 2 lbs fresh Strawberries
- 2 bunch Scallions
- 75 ml Chicken broth
- Salt and freshly ground black pepper to season
- Non-stick cooking spray (i.e. Mazola)

For the marinade

- 1 tbsp. Yellow mustard seeds
- 1 tbsp. Brown mustard seeds (*available at health food markets & specialty stores; substitute: yellow*)
- 2 tbsp. Light colored Soy sauce
- 2 tbsp. Sunflower or Canola oil
- 1 tbsp. Corn or potato starch

Suggested side dish: white or brown rice or wild rice blend

Cut chicken breasts across the grain into ½ inch strips and mix with soy, mustard seeds, corn starch and the oil until each piece is nicely coated. Chill and let marinate for 30 minutes.

Meanwhile wash and pat-dry the scallions. Cut into ½ inch pieces on the bias. Wash, dry and clean the strawberries and, depending on the size, cut into halves or quarters.

**Set cooking temperature to 3 for warm-up until the orange light is off.**

**Now set the dial to 7.** When reached (orange light off) wipe or spray the cooking center with oil and add the marinated chicken pieces. Cook for about 3-4 minutes, turning them frequently, until cooked to desire. Season with pepper and salt and move the chicken into the warming area.

Reserve some scallions for decoration and sauté the rest for max. 1 minute, add the chicken meat and the broth and bring to a slight bubble.

**Switch Cook-N-Dine off.**

Now add the prepared strawberries, mix with the chicken, and you are ready to eat. Bon appetit!

Note: Please remove the power cord after each use to avoid unintentional use.

*Recipe: Courtesy of Marianne D., Munich, Germany*

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