

Crusted Chick'n w/ Mashed Potatoes, Brussels Sprouts & Miso-Sesame *Swick* Sauce

Serves 4 | Active Time: 50 minutes | Total Time: 1 hour

Step 1: Pan Frying the Chick'n

- 4 Gardein Chick'n Scallopini
- 1 1/2 cups seasoned panko bread crumbs, ground
- 1/4 cup oil for pan frying

To prepare the Chick'n, place the scallopini onto a piece of plastic wrap and then fold the other half over top. Very gently pound the Chick'n to thin it out slightly.

Coat the pieces of Chick'n in the breading, gently press the breading into the Chick'n and shake off any excess breading once done.

To cook the Chick'n, heat a large fry pan over medium-high heat. Once hot, add the oil immediately followed by the Chick'n.

Cook the scallopini for a few minutes, on each side, until a nice golden crust has formed. Allow the Chick'n to cook on the second side for another minute or so.

Remove the pieces and place them onto a cooling rack to rest, while you cook the Brussels sprouts.

Step 2: Cooking the Brussels Sprouts

- 3 cups Brussels sprouts leaves*
- 1 1/2 tbsp olive oil
- 1/4 cup Miso Sesame Sauce
- sea salt and black pepper, to taste

To cook the Brussels sprouts, heat a wok or large fry pan over high heat. Once hot, add the oil followed by the Brussels sprouts. Cook for a minute or two – the leaves should still be crunchy, so be sure you don't over cook them.

*Note: For more information on how to prepare the Brussels Sprout leaves, see the full Brussels Sprouts recipe [here](#).

Next, add the Miso Sesame Sauce and toss. Continue to cook for about a minute, just to heat the sauce through.

Finish the Brussels sprouts by seasoning to taste with salt and pepper. At this point, the sprouts should be served immediately to maintain their crispiness and vibrant color.

Step 3: Finishing the Dish

- 1/2 cup Miso-Sesame Sauce
- 2 cups Mashed Potatoes, or roasted potatoes

To serve the dish, place the Chick'n onto a bed of Mashed Potatoes (or roasted potatoes). To serve the chick'n, either slice in two on a bias, or leave whole.

Gently place the Brussels sprouts on top and finish by drizzling a bit more of the Miso-Sesame Sauce around the plate and serve immediately.