

# maple mustard chicken breast with grilled endives

SERVES 1 • READY IN 25 MINUTES OR LESS

## PHASE 1



### Ingredients:

- 1 portion chicken breast, cut into 2" strips
- 1 large or 2 small endives, halved
- 1 tsp olive oil
- 1 tbsp lemon juice
- zest of 1 lemon
- ¼ tsp dried thyme
- ¼ tsp salt
- 1 tbsp IP maple syrup
- 1 tsp hot mustard
- ¼ tsp garlic powder
- 1 cup arugula

Preheat air fryer to 360F.

Combine chicken breast endives, olive oil, thyme and salt in a bowl. Toss to coat thoroughly.

Place in one layer in an air fryer basket and air fry for 7 minutes. Flip and cook for another 9 minutes or until internal temperature reaches 165F.

Meanwhile, combine maple syrup, mustard and garlic powder together in a bowl. Remove chicken from air fryer basket, and toss with maple mustard mixture. Slice and serve on a bed of arugula with endives.