

# Cooking School

*with the London Chef*

## Chicken with Prunes & Olives, Spiced Roast Broccoli & Lemon Quinoa

For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin cooking. Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen! These quantities can be easily doubled, but if you increase food quantity make sure to use appropriate sized pots/pans for the best outcome. Please note that this set up list is for a live cooking class and set up may differ slightly from any videos that we have in our Library.

### Chicken

6-8 boneless skinless chicken thighs -  
depending on size  
Small container or can of nice green olives  
8-10 prunes  
Garlic  
White onion  
Fresh thyme  
White wine  
Honey  
Balsamic vinegar

### Broccoli

1 head broccoli  
Chili flakes  
Mustard seeds

### Quinoa

1 cup quinoa  
1 lemon  
1 bunch parsley

### Cooking Equipment

Knife  
Cutting board  
Large deep frying pan  
Medium pot with lid  
Mixing bowl  
Baking sheet  
Wooden spoon  
Tongs  
Pre-heat oven to 400  
Olive oil  
Salt & pepper

*\*Gluten Free, Dairy Free*