

# MASTER CHEF NYU



The Ultimate Cooking Showdown!



Da Nuyorican Cocinero:

Grilled Ginger Lime Chicken with

Roasted Onion Garlic Sweet Potatoes and Baked Asparagus

## Ingredients:

Grilled Ginger Lime Chicken

3 pieces of boneless chicken breast

2 pieces of fresh ginger

6 garlic cloves

1 lime

½ cup of olive oil

2 Tbsn of Sunflower butter

Salt and pepper

Roasted Onion Garlic Sweet Potatoes

3 sweet potatoes

Garlic

1 Tbsn of olive oil

1 shallot

1 large onion

Salt and pepper

Baked Asparagus

15 stalks of asparagus

3 cloves of garlic

3 Tbsn of olive oil

## Instructions:

Grilled Ginger Lime Chicken

1. Trim and slice thin the chicken breast

2. Mince garlic and ginger

3. Mix the garlic, ginger, chicken, lime, salt, and pepper

4. After 30 minutes, heat oil and butter, skillet fry chicken breast 10 seconds on each side, then drain fat, continuing cooking until done

Roasted Onion Garlic Sweet Potatoes

1. Peel and cube potatoes

2. Mince garlic, shallot and onion

3. Mix everything together

4. Spread out over cookie sheet

5. Bake at 400 degrees for 45 minutes or until crispy

Baked Asparagus

1. Break asparagus, rinse and wash

2. Mince garlic and rub on asparagus

3. Line asparagus on cookie sheet, drizzle with olive oil

4. Bake at 400 degrees for 20 minutes