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Honey Mustard Chicken with Baked Vegetables

A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelise in the oven, giving a crispy, gooey finish. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and fuses with a bed of delicious roast veggies.



Prep: 15 mins

Cook: 40 mins

Total: 55 mins



level 1



gluten
free



eat me
early

Pantry Items



Olive Oil



Honey



Seeded
Mustard



White Wine
Vinegar



Garlic



Chicken Thigh



Red Onion



Zucchini



Sweet Potatoes




Parsley


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| 2P | 4P | Ingredients |
|----------|-----------|---|
| 1 | 2 | red onion, cut into wedges |
| 1 | 2 | zucchini, cut into 3 cm thick half moons |
| 400 g | 800 g | sweet potatoes, unpeeled and cut into 3 cm pieces |
| 2 tbs | 4 tbs | olive oil * |
| 1 tbs | 2 tbs | honey * |
| 1 tbs | 2 tbs | seeded mustard * |
| 1 clove | 2 cloves | garlic, peeled & crushed |
| 1 tsp | 2 tsp | white wine vinegar * |
| 1 packet | 2 packets | chicken thighs |
| ½ bunch | 1 bunch | parsley, finely chopped |

 Ingredient features in another recipe



Pantry Items



Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 2590 | Kj |
| Protein | 40.6 | g |
| Fat, total | 28.3 | g |
| -saturated | 5.9 | g |
| Carbohydrate | 46.6 | g |
| -sugars | 26.2 | g |
| Sodium | 456 | mg |



You will need: *chef's knife, chopping board, garlic crusher, medium baking dish, tongs, medium bowl and ovenproof medium frying pan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place **red onion**, **zucchini** and **sweet potato** in a medium baking dish and drizzle with half of the **olive oil**. Toss to coat everything really well. Season with **salt** and **pepper**. Cook in the oven for **35-40 minutes**.



3 Combine the **honey**, **seeded mustard**, the remaining olive oil, the **garlic** and **white wine vinegar** in a medium bowl. Season with salt and pepper. Add the **chicken thighs** and coat in the marinade.

4 Meanwhile, heat an ovenproof medium frying pan over a medium-high heat. Add the chicken and cook for **2 minutes** on each side brushing with the remaining marinade as it cooks. Once the chicken is golden and sticky pour over any remaining marinade and transfer the pan to the oven for the final **8 minutes** of the vegetable cooking time.



5 To serve, divide chicken and vegetables between plates. Pour any excess honey and mustard sauce over the chicken and vegetables. Garnish with **parsley**.



Did you know? Honey stored in an air tight container will never spoil.