

## Honey Mustard Chicken on a Bed of Roast Veggies

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



lactose free



eat me early

## **Pantry Items**









Vinegar





Zucchini



Chicken Thigh



Sweet Potatoes



Red Onion



QTY	Ingredients
2 tbs	honey *
2 tbs	seeded mustard*
2 tbs	olive oil *
2 cloves	garlic, peeled & crushed
2 tsp	white wine vinegar *
700 g	chicken thighs
1	red onion, cut into wedges
2	zucchini, cut in half lengthways & then into 3 cm chunks
800 g	sweet potatoes, unpeeled & cut into 3 cm chunks
1 bunch	parsley, finely chopped

<b>#</b>	Ingredients features
	in another recipe

Pantry Items

Pre-preparation

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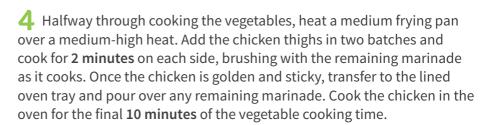
Energy	2250	Kj			
Protein	39.7	g			
Fat, total	21.3	g			
-saturated	4.9	g			
Carbohydrate	43.5	g			
-sugars	24	g			
Sodium	446	mg			



You will need: chef's knife, chopping board, garlic crusher, large bowl, medium baking dish, baking paper lined oven tray and a medium frying pan.

- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Combine the honey, seeded mustard, half of the olive oil, the garlic and the white wine vinegar in a large bowl. Season with salt and pepper. Add the chicken thighs, toss to coat in the marinade and set aside while you put the vegetables in the oven.





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







**Did you know?** Wisconsin is home to The Mustard Museum which contains the world's largest collection of mustards and mustard memorabilia.