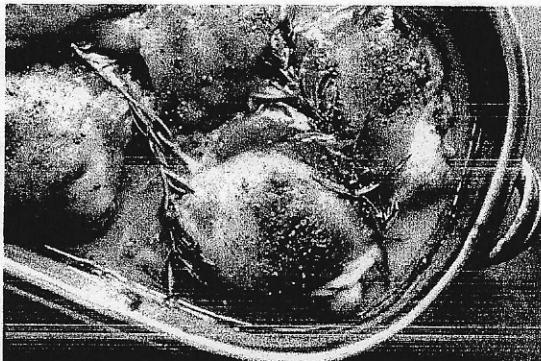
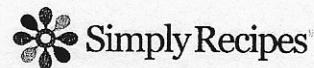


# Honey Mustard Chicken



*If you don't want to eat skin-on chicken, still cook the dish with the skin-on, even if you don't eat it. The skin will protect the meat from drying out.*

**Prep time:** 10 minutes    **Cook time:** 45 minutes  
**Yield:** Serves 4-6

## INGREDIENTS

- 1/4 to 1/3 cup smooth Dijon mustard
- 1/4 to 1/3 cup honey
- 1 Tbsp olive oil
- 2-3 pounds chicken thighs (or legs)
- Salt
- 2 sprigs rosemary (or a generous sprinkling of dried rosemary)
- Freshly ground black pepper

## METHOD

**1 Make honey mustard sauce:** Preheat the oven to 350°F (175°C). In a medium bowl, whisk together the mustard, honey, and olive oil. Add a pinch of salt and taste. Add more salt and mustard until you get the flavor where you want it.

**2 Spoon honey mustard sauce over chicken:** Salt the chicken lightly and lay the pieces skin-side up in a shallow casserole dish. Spoon the honey mustard sauce over the chicken. Place the rosemary sprigs in between the pieces of chicken.

**3 Bake:** Bake at 350°F (175°C) for 45 minutes, or until the thighs read 175°F (80°C) on a meat thermometer, or the juices run clear when the meat is pierced with a knife.

Remove the casserole pan from the oven, use a spoon to spoon off any excess chicken fat that has rendered during the cooking.

Sprinkle some freshly ground black pepper over the chicken before you serve.

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