



# HONEY MUSTARD-GLAZED CHICKEN

with Baked Veggies

PREP: 10 MIN  
TOTAL: 40 MIN

LEVEL 1

DAIRY FREE

GLUTEN FREE

NUT FREE



## HELLO

### HONEY MUSTARD

A DIY take on the sweet and savory condiment

#### INGREDIENTS:

- Red Onion
- Zucchini
- Sweet Potato
- Garlic
- Honey
- Whole Grain Mustard
- White Wine Vinegar
- Chicken Breast
- Parsley

#### FOR 2 PEOPLE:

- 1
- 1
- 12 oz
- 1 Clove
- 2 tsp
- 1 TBSP
- 1 tsp
- 12 oz
- ¼ oz

#### FOR 4 PEOPLE:

- 1
- 2
- 24 oz
- 2 Cloves
- 4 tsp
- 2 TBSP
- 2 tsp
- 24 oz
- ½ oz

#### NUTRITION PER SERVING

526 cal | Fat: 16 g | Sat. Fat: 2 g | Protein: 47 g | Carbs: 51 g | Sugar: 17 g | Sodium: 322 mg | Fiber: 7 g

## START STRONG

Feel free to grab a basting or pastry brush to coat the chicken with marinade in step 4. If you don't have one, use a spoon to ladle it on and spread it each and every way.



## BUST OUT

- Baking sheet
- Medium bowl
- Whisk
- Medium ovenproof pan
- Olive oil (2 TBSP | 4 TBSP)

### 1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 400 degrees. Halve, peel, and cut **red onion** into wedges. Halve **zucchini** lengthwise, then cut into ½-inch-thick half-moons. Cut **sweet potato** into 1-inch cubes. Place veggies on a baking sheet. Toss with **1 TBSP olive oil** and a pinch of **salt** and **pepper**. Roast until tender and lightly browned, 25-35 minutes.

### 2 MAKE MARINADE

Meanwhile, mince or grate **garlic**. Whisk **garlic**, **honey**, **1 TBSP whole grain mustard**, **1 tsp white wine vinegar**, and **1 TBSP olive oil** in a medium bowl. Season generously with **salt** and **pepper**. Stir to combine.

### 3 MARINATE CHICKEN

Place **chicken** in marinade and toss to coat.



### 4 SEAR CHICKEN

Heat a medium ovenproof pan over medium-high heat. Remove **chicken** from marinade and sear in pan until no longer pink on outside, 2-3 minutes on each side. Brush **chicken** with marinade as it cooks.

### 5 BAKE CHICKEN

Once **chicken** is browned and sticky, pour over any remaining **marinade**. (**TIP:** If you don't have an ovenproof pan, transfer chicken and marinade to a baking dish.) With 8-10 minutes to go on **veggies**, transfer pan with **chicken** to oven. Roast until chicken is firm and juices run clear when cut.

### 6 SERVE

Divide **chicken** and **veggies** between plates. Drizzle with any remaining sauce from pan. Tear leaves from **parsley** and sprinkle on top.

## GENIUS!

The honey mustard marinade can double as a salad dressing.