



HONEY MUSTARD-GLAZED CHICKEN

with Baked Veggies

PREP: 10 MIN
TOTAL: 45 MIN

LEVEL 1

NUT FREE

DAIRY FREE

GLUTEN FREE



INGREDIENTS:

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

FOR 4 PEOPLE:

- 1
- 2
- 24 oz
- 2 Cloves
- 1 TBSP
- 2 TBSP
- 2 tsp
- 24 oz
- ¼ oz

HELLO

HONEY MUSTARD

A DIY take on the sweet and savory condiment

NUTRITION PER SERVING

510 cal | Fat: 16 g | Sat. Fat: 2 g | Protein: 47 g | Carbs: 47 g | Sugar: 15 g | Sodium: 331 mg | Fiber: 7 g

START STRONG

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



BUST OUT

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

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. Toss **veggies** on a baking sheet with **2 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**, **whole grain mustard**, **2 tsp white wine vinegar** (we sent more), and **2 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 large ovenproof pan over medium-high heat. Remove **chicken** from **marinade** and sear in pan until no longer pink on outside, 2-3 minutes per side. Brush chicken with marinade as it cooks.

5 BAKE CHICKEN

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