

Baked Honey Mustard Chicken

Ingredients

4 boneless, skinless chicken breasts
1 teaspoon chicken seasoning blend, or to taste
2 tablespoons olive oil, divided
¼ cup honey
1 tablespoon Dijon mustard
1 tablespoon yellow mustard
1 tablespoon wholegrain mustard
½ teaspoon white vinegar
⅓ teaspoon paprika
4 sprigs fresh rosemary, optional but recommended

Method

Preheat oven to 190°C.

Lightly grease a baking dish with cooking spray and set aside.

Heat 1½ tablespoons olive oil in a skillet.

Season chicken breasts all over with the chicken seasoning blend and add chicken breasts to the skillet; cook for 2 minutes on each side or until browned.

Meanwhile, prepare the honey mustard sauce and combine 1/2 tablespoon olive oil, honey, yellow mustard, Dijon mustard, wholegrain mustard, white vinegar, and paprika in a small mixing bowl; whisk until well incorporated.

Transfer chicken breasts from the skillet to the baking dish.

Pour the prepared honey mustard sauce over the chicken breasts, turning the chicken over to cover each chicken breast entirely.

Arrange sprigs of rosemary between the chicken breasts.

Cover with foil and bake for 20 minutes.

Remove cover and continue to bake for 15 minutes or until chicken is cooked through.

Cooking time will vary depending on the size/thickness of the chicken.

Use an Instant Read Meat Thermometer to check for doneness - chicken is cooked through when the internal temperature registers at 74°C.

Remove from oven and let stand 5 minutes.

Serve, with Salad or Vegetables