

Oven-roasted Honey-Mustard Chicken Thighs

Serves 6 (small portions, sliced) (2-3)

- 900 g boneless skinless chicken thighs (450 g)
- 62 g Dijon mustard (31 g)
- 85 g honey (42 g)
- 1 T olive oil (½ T)
- ½ tsp salt (¼ tsp)
- ¼ tsp black pepper (⅛ tsp)
- 1 tsp garlic powder (½ tsp)
- 1 tsp onion powder (½ tsp)
- ½ tsp paprika (¼ tsp)
- ½ tsp oregano (¼ tsp)
- 1/16 tsp Cayenne pepper (optional) (pinch)
- Rosemary sprigs



1. Preheat oven to **190°C**.
2. In a small bowl, combine **Dijon mustard, honey, olive oil, salt, pepper** and **oregano (Cayenne pepper, optional)**.
3. Place chicken in a greased baking dish. Pour the sauce over it. Make sure it is evenly coated.
4. Bake chicken for **30-40 minutes**, until the top is golden and the internal temperature of the meat is **73°C**.

Note: If roasting in square LeCreuset pan, chicken will collect sauce and not really brown. Also, if potatoes are on tray above chicken, this might be affecting roasting. May be better to roast on flat sheet pan and do potatoes separately.