

Ingrediënten

PREP TIME	COOK TIME	TOTAL TIME	
10 mins	25 mins	35 mins	
COURSE	CUISINE	SERVINGS	CALORIES
Main Course	American	4	342 kcal

- 4 chicken breasts boneless skinless
- 1/2 teaspoon garlic powder
- Salt & pepper to taste
- 1/4 cup honey
- 1/4 cup Dijon mustard see note
- 1/2 cup chicken broth
- 1 tablespoon cornstarch
- Chopped parsley optional, to taste



Recept

1. Preheat your oven to 400F and move the rack to the top third of the oven.
2. Place the chicken breasts side-by-side in a 9x13 baking dish. Sprinkle them with the garlic powder and salt & pepper.
3. Once the oven has been preheated, bake the chicken for 10 minutes, uncovered.
4. Meanwhile, whisk the sauce ingredients together (honey, Dijon, chicken broth, cornstarch).
5. Take the chicken out of the oven and pour the sauce over top.
6. Return it to the oven and bake it, uncovered, for another 15-20 minutes or until the chicken is cooked through (165F).
7. Take the chicken out of the oven and spoon the sauce over top. Let it rest for 5 minutes prior to serving. Sprinkle parsley over top if using and season with extra salt & pepper as needed.

Bron



Hi! I'm Natasha. Salt & Lavender is a recipe blog with a focus on delicious comfort food using everyday ingredients. Beat the weekday grind with hundreds of easy-to-follow and hassle-free recipes!

Salt & Lavender

<https://www.saltandlavender.com/baked-honey-mustard-chicken/>

Info Martine Lycke

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Kip in blokjes gesneden en gebakken in pan

- + 3 el mosterd
- + 3 el honing
- + 1 kl lookpasta
- + 200 ml water
- + 1 kl kippenbouillonpasta
- + 1 kl chilipasta
- Laten inkoken
- + 3 kl bindmiddel
- Lente ui

+ peterselie,
Met aardappel gemaakt, maar beter zou zijn rijst



Fotos

