

Grilled Chicken with Mustard Marinade

This chicken dish is bold and savory. It is marinated in a mixture of dijon mustard, garlic, and honey, then grilled until it is cooked through and slightly crispy.



Main Dish

30 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- Ingredients:
- 4 oz of boneless chicken
- 1 tsp of Dijon mustard
- 1 tbsp of minced garlic
- 1 tbsp of honey

Steps

- 1 In a bowl, mix together mustard, garlic, and honey.
- 2 Rub the mixture onto the chicken pieces, coating them entirely.
- 3 Refrigerate for at least 30 minutes or up to overnight.
- 4 Preheat grill to medium-high heat.
- 5 Grill chicken for 6-8 minutes per side, or until cooked through.
- 6 Serve and enjoy!