

Honey Mustard Chicken Breast

A delightful blend of sweet honey and tangy mustard creates a flavorful glaze for tender chicken breast. Perfect for a quick, satisfying dinner!



Main Dish

35 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 1 chicken breast (about 150g)
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 teaspoon olive oil
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 In a small bowl, mix the Dijon mustard, honey, olive oil, salt, and pepper until well combined.
- 3 Place the chicken breast on a baking sheet lined with parchment paper.
- 4 Brush the mustard-honey mixture generously over the chicken breast.
- 5 Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and juices run clear.
- 6 Remove from the oven and let it rest for a few minutes before slicing.
- 7 Garnish with fresh parsley if desired and serve warm.