

Honey Mustard Glazed Chicken

A deliciously sticky honey mustard glazed chicken that's quick to prepare and bursting with flavor. Perfect for a single serving, this dish is both satisfying and easy to make.



Main Dish

30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast (about 150g)
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 teaspoon olive oil
- Salt and pepper to taste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- Fresh parsley for garnish (optional)

Steps

- 1 Preheat your oven to 200°C (400°F).
- 2 In a small bowl, mix together the Dijon mustard, honey, olive oil, garlic powder, paprika, salt, and pepper until well combined.
- 3 Place the chicken breast on a baking sheet lined with parchment paper.
- 4 Brush the honey mustard mixture generously over the chicken breast.
- 5 Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and has an internal temperature of 75°C (165°F).
- 6 Remove from the oven and let it rest for a few minutes before slicing.
- 7 Garnish with fresh parsley if desired and serve hot.