

Honey Mustard Glazed Chicken Breast

A simple yet flavorful main dish featuring tender chicken breast glazed with a sweet and tangy honey mustard sauce. Perfect for a quick and satisfying meal.



Main Dish

20 min

Total time

Easy

Difficulty

320

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 clove garlic, minced
- Fresh thyme (optional, for garnish)

Steps

- 1 Season the chicken breast with salt and pepper.
- 2 In a small bowl, mix Dijon mustard, honey, and minced garlic.
- 3 Heat olive oil in a skillet over medium heat.
- 4 Cook the chicken breast for 5-6 minutes on each side until golden brown and cooked through.
- 5 Reduce heat to low, brush the honey mustard mixture over the chicken, and cook for another 1-2 minutes to glaze.
- 6 Remove from heat, garnish with fresh thyme if desired, and serve warm.