



Honey Mustard Chicken & Brussels Sprouts

4 servings

50 minutes

Ingredients

600 grams Chicken Thighs (Boneless, Skinless)
Sea Salt & Black Pepper (to taste)
1/4 cup Extra Virgin Olive Oil (divided)
2 tbsps Dijon Mustard
1 tbsp Honey
1 tbsp Lemon Juice
4 cups Brussels Sprouts (trimmed and halved)
1/2 cup Red Onion (large, cut into wedges)

Nutrition

Amount per serving	
Calories	370
Fat	20g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	33g
Cholesterol	141mg
Sodium	248mg
Vitamin A	700IU
Vitamin C	78mg
Calcium	52mg
Iron	3mg

Directions

- 1 Preheat the oven to 425°F (220°C). Season the chicken thighs with salt and pepper.
- 2 In a large bowl, whisk together 3/4 of the oil, mustard, honey, and lemon juice. Use tongs to dip the chicken in the mixture, coating all sides. Place on a baking sheet and bake for 10 minutes.
- 3 Meanwhile, in a medium sized bowl, toss the Brussels sprouts and onion with the remaining oil and season with salt and pepper.
- 4 Remove the baking sheet and scatter the Brussels sprouts and onion around the chicken. Place back in the oven for 15 minutes, until the sprouts are charred and the chicken is cooked through to an internal temperature of 165°F. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about two chicken thighs and one cup of Brussels sprouts and onion.