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Honey Mustard Chicken with Golden Roast Vegetables

A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelize in the oven, giving a crispy, gooey finish. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and fuses with a bed of delicious roast veggies.

 **Prep:** 15 mins
Cook: 40 mins
Total: 55 mins  level 1

 nut free  eat me early

Pantry Items



Honey



Wholegrain Mustard



Olive Oil



White Wine Vinegar



Garlic



Free Range Chicken Thighs



Red Onion




Zucchini




Pumpkin


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QTY	Ingredients
2 tbs	honey *
2 tbs	wholegrain seeded mustard *
2 tbs	olive oil *
2 cloves	garlic, peeled & crushed 
2 tsp	white wine vinegar *
1 packet	free range chicken thighs
1	red onion, cut into wedges
2	zucchini, cut in half lengthways & then into 3 cm chunks
800 g	pumpkin, skin removed & cut into 3 cm chunks

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2040	Kj
Protein	40	g
Fat, total	22.3	g
-saturated	5.5	g
Carbohydrate	29	g
-sugars	23.1	g
Sodium	426	mg



You will need: *chef's knife, chopping board, garlic crusher, large bowl, medium baking dish, oven tray lined with baking paper, medium frying pan, tongs and pastry brush.*

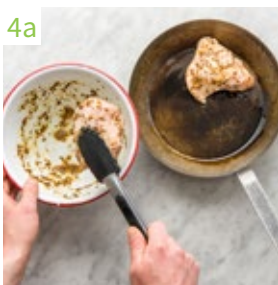
1 Preheat the oven to **200°C/180°C** fan-forced.

2 Combine the **honey, wholegrain seeded mustard**, half of the **olive oil**, the **garlic** and the **white wine vinegar** in a large bowl. Season with **salt** and **pepper**. Add the **chicken thighs**, toss to coat in the marinade and set aside while you put the vegetables in the oven.

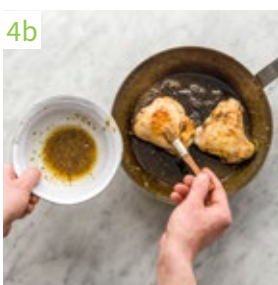


3 Place the **red onion, zucchini** and **pumpkin** in a medium baking dish and drizzle with the remaining olive oil. Season with salt and pepper. Toss to coat everything really well. Cook in the oven for **40 minutes**, or until golden and soft.

4 Halfway through cooking the vegetables, heat a large frying pan over a medium-high heat. Add the chicken thighs in two batches and cook for **2 minutes** on each side, brushing with the remaining marinade as they cook. Once the chicken is golden and sticky, transfer to the lined oven tray and pour over any remaining marinade. Cook the chicken in the oven for the final **10 minutes** of the vegetable cooking time.



5 To serve, divide the chicken and vegetables between plates. Pour any excess honey and mustard sauce from the baking tray over the chicken and vegetables.



Did you know? Honey stored in an air tight container will never spoil.