

Foodnity Recipes

Honey Mustard Chicken Skillet

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

The Chicken

- [ ] 4 skinless boneless chicken thighs (or breasts), 6-8 oz each, pat dried
- [ ] 2 tsp salt, divided
- [ ] 1 tsp freshly ground black pepper, divided
- [ ] 1/3 cup all-purpose flour, for dredging

The Sauté

- [ ] 2 tbsp unsalted butter
- [ ] 2 tbsp olive oil
- [ ] 1 medium yellow onion, diced
- [ ] 3 cloves garlic, minced

The Sauce

- [ ] 1 tbsp Dijon mustard
- [ ] 1 tbsp whole grain mustard
- [ ] 1/3 cup honey
- [ ] 1/2 cup low-sodium chicken broth
- [ ] 2 tbsp fresh lemon juice
- [ ] 2 tsp cornstarch mixed with 2 tbsp cold water (optional, for thickening)

Garnish

- [ ] Fresh parsley, chopped, for garnish

Instructions

1. Start by seasoning your chicken thighs with 1 tsp salt and 1/2 tsp black pepper. Now, just gently dredge each piece in the flour, shaking off any excess so it's not too thick. Simple as that.
2. Heat 1 tbsp butter and 1 tbsp olive oil in your large skillet over medium-high heat. Once it's nice and hot, add the chicken. Sear them for about 4-5 minutes per side until they're a lovely golden brown and cooked through (you're looking for an internal temp of 165-F). Move them to a plate and tent them loosely with foil to keep them warm.
3. Turn the heat down to medium. Add the remaining butter and those diced onions to the same skillet. Cook them, stirring every now and then, until the onion is translucent and just a bit browned, maybe 3-4 minutes. It smells wonderful at this point.
4. Stir in your minced garlic. Just cook it for about 30 seconds until it's fragrant-don't let it burn, oops!
5. Now, stir in the Dijon and whole grain mustards. Let them melt right into the onion mixture and coat the pan for about a minute.
6. Pour in the honey, chicken broth, and lemon juice. Bring it to a gentle simmer, and use your spoon to scrape up all those lovely browned bits from the pan-that's where the flavor lives.

7. Put the seared chicken back into the skillet and nestle it right into that sauce. Turn the heat to low, cover the pan, and let it simmer for 5 minutes. I like to spoon the sauce over the chicken as it cooks to keep it moist.

8. If you're in the mood for a thicker, glossy sauce, go ahead and pour in the cornstarch slurry and whisk it in immediately. Cook for another 1-2 minutes until it thickens up just right.

9. Move the chicken to your serving plates, spoon that remaining sauce over the top, and sprinkle with some chopped fresh parsley for a pop of color.

10. Serve it up immediately with your favorite sides-maybe rice, mashed potatoes, or some steamed green beans. Honestly, just enjoy that burst of honey mustard flavor!

Nutrition per serving

410 kcal	34 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the chicken rest for a few minutes after cooking to keep the juices locked in.
- For a milder sweetness, you can reduce the honey to 1/4 cup and add a splash more lemon juice.
- Thighs are generally juicier, while breasts can dry out if you aren't careful.