

Honey Mustard Chicken

From [Nat's What I Reckon](#)



Ingredients

- 8 skin-on boneless chicken thighs
- 1 onion
- 1 small bunch parsley, leaves separated, stalks chopped
- 4 garlic cloves, chopped
- 1 tbsp thyme leaves, chopped
- 2 tbs Dijon mustard
- 1,5 tbsp honey
- 1/2 cup white wine
- 1 cup chicken stock or water
- 1 tbsp plain flour
- 125 g creme fraiche

- 25 g butter
- 1 tbsp vegetable oil

Method

1. In a cold non-stick pan, add oil, place the chicken skin side down.
 2. Then turn on the heat on medium. After hearing the sizzles, fry it for 8 minutes. Do not touch the chicken the whole time!
 3. Flip the chicken over, fry for 5 minutes more. Then remove the chicken from the pan.
 4. Melt the butter in the same pan. Add onion and parsley stalks and fry until softened.
 5. Add garlic and thyme, fry for a couple minutes more.
 6. Add mustard, honey, wine and stock. Bring it to simmer.
 7. Add flour and creme fraiche.
 8. Add back the chicken skin side up.
 9. Fry until the chicken is done (internal temp 75 C).
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Revision #1

Created 2024-03-09 13:39:24 UTC by Žygimantas

Updated 2024-03-09 14:30:34 UTC by Žygimantas