

GUASTELLO'S VILLAGE MARKET

Honey Mustard Chicken and Vegetables

Serves 6

Ingredients

2 pounds boneless, skinless chicken breasts
1½ teaspoons sea salt
¼ cup extra-virgin olive oil
2 large shallots, roughly chopped (about 1 cup)
1 pound fingerling or Yukon gold potatoes, cut into 1½ inch pieces
1 tablespoon minced fresh rosemary
½ pound green beans, trimmed
Freshly cracked black pepper, to taste

Honey-Mustard Sauce

¼ cup whole grain mustard
2 tablespoons Dijon mustard
½ cup honey
1 tablespoon unfiltered apple cider vinegar
½ teaspoon paprika
½ teaspoon garlic powder

Instructions:

Preheat the oven to 375°F with a rack in the center position.

Make the chicken. Season the chicken all over with 1 teaspoon of salt. Heat 2 tablespoons of the oil in a large ovenproof skillet or braiser over medium-high heat. Once the oil is glistening, add the chicken to the pan and cook until golden brown, about 3 minutes per side. Transfer the chicken to a plate.

Meanwhile, make the honey-mustard sauce. In a small bowl, combine the whole grain mustard, Dijon, honey, remaining ½ teaspoon of the salt, apple cider vinegar, paprika and garlic powder.

Add the remaining 2 tablespoons of the olive oil to the skillet. Once the oil is glistening, add the shallots, potatoes, and rosemary and toss to combine. Transfer the skillet to the oven and bake, uncovered, for 15 minutes, or until the potatoes begin to soften.

Remove the skillet from the oven. Add the green beans to the potato mixture, then nestle the chicken back into the skillet along with the juices from the plate. Pour the honey-mustard sauce over the chicken, green beans and potatoes and toss to coat.

Return the skillet to the oven and bake until the green beans and potatoes are tender and the internal temperature of the chicken reaches 165°F on an instant-read thermometer, 25-30 minutes longer.

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Credit: onceuponachef.com