

## **Scott's Honey Mustard Chicken & Potatoes with Green Beans**

*This recipe is all made in one pan! Juicy, succulent chicken pieces are cooked in the best honey-mustard sauce, surrounded by green beans and potatoes for a complete meal!*

### **Ingredients:**

4-5 chicken breasts (skinless or with skin on) or (thighs, bone in, skin on or off);  
about 2-2.5 lbs.

Salt and pepper to season

1 ½ tbsp. garlic powder

1 tbsp. olive oil plus 1 tbsp. butter

2-4 slices bacon, diced

1 medium onion, small diced

1 tbsp. minced garlic

1 tbsp. Chicken "Better Than Bouillon"

1/2 cup honey

6 tbsp. wholegrain mustard (equals a little over 1/3 cup)

4 tbsp. smooth Dijon mustard (equals 1/4 cup)

2 tbsp. chicken stock (wine or water are options if no chicken stock is available)

1 tsp. paprika

1 tsp. Worcestershire sauce

1 tbsp. apple cider vinegar (optional)

1 lb. baby red or Yukon Gold potatoes, quartered, skin on or peeled

8 oz. green beans, halved or Italian green beans (optional, but recommended)

1 tsp. thyme, minced

1-2 sprigs rosemary (optional) (whole to lay on top for garnish or minced and sprinkled on top when removed from oven)

### **Instructions:**

Preheat oven to 400°F. Generously season chicken thighs with salt, pepper and garlic powder.

Sear diced bacon olive oil in a large, oven-proof nonstick pot or pan (or a well-seasoned cast-iron skillet) over medium-high heat. Sear chicken for 3 minutes each side, until the skin becomes golden and crisp. Remove chicken to a plate and cover. Leave 2 tablespoons of chicken juices in the pan for added flavor, and drain any excess. Leave bacon in pan. Reduce heat to low or temporarily remove from heat while making the honey-mustard sauce.

In a separate bowl, mix the honey, both mustards, chicken stock, paprika, Worcestershire sauce and apple cider vinegar together and set aside. Taste and adjust sweet and savory to your taste. If you want it sweeter, add a teaspoon of honey at a time. If you want it tangier, add a little of each mustard at a time. I would start out at a half-teaspoon of each. [I would stay away from adding more apple cider vinegar but if you like that, then add it very lightly. You can always add but you can't take away without adjusting the sweetness with it. You will eventually discover your own taste balance.]

Return heat to medium. Add butter and diced onion to pan and sauté until clear (about 4-5 min.) If necessary, add another tbsp. of olive oil. Sauté the garlic in the same pan around the chicken for 1 minute until fragrant. Add minced thyme. Return chicken to pan and return heat to medium. Pour honey-mustard sauce over the chicken and mix well, combining all around the chicken.

Add in the potatoes and mix them throughout the sauce. Season with salt and pepper, to taste. Allow the honey mustard sauce to simmer for two minutes, then transfer to the hot oven and bake for 40-45 minutes, or until the chicken is completely cooked through to the bone and no longer pink in the middle. Chicken should register 165°F on a meat thermometer to be completely cooked. Remember chicken will continue to cook after removing from oven. I usually take it out around 160°F. [If you follow the directions and don't overcook the chicken in the beginning when you sear it, then 40 minutes or so at 400°F should give you the moistness and doneness you need. All ovens are different so adjust the recipe accordingly to your oven.]

**OPTIONAL:** Remove from the oven after 30 minutes; add in the green beans (mixing them through the sauce), and return to the oven to bake for a further 15 minutes, or until the chicken is completely cooked through and no longer pink in the middle, and the potatoes are fork tender. Allow to cool for about 7-10 minutes and then serve.