

honey mustard chicken thighs

prep time 10min

cooking time 45min

serves 4



ingredients

1.5 kg bone-in, skin-on certified organic chicken thighs
1 tsp salt
1 tbs honey
2 tbs mustard
2 tbs olive oil
juice and zest of 1 lemon

method

1. preheat oven to 180c.
2. mix all marinade ingredients in a bowl.
3. add chicken and coat well.
4. transfer to a baking tray and bake for 35 minutes.
5. serve with your favourite sides.

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