



## Honey Mustard Chicken & Brussels Sprouts

4 servings

50 minutes

### Ingredients

1 lb Chicken Thighs with Skin  
Sea Salt & Black Pepper (to taste)  
1/3 cup Extra Virgin Olive Oil (divided)  
2 tbsps Dijon Mustard  
1 tbsp Honey  
1 tbsp Lemon Juice  
3 cups Brussels Sprouts (trimmed and halved)  
1/2 cup Red Onion (large, cut into wedges)

### Directions

- 1 Preheat the oven to 425°F (220°C). Season the chicken thighs with salt and pepper.
- 2 In a large bowl, whisk together 3/4 of the oil, mustard, honey, and lemon juice. Use tongs to dip the chicken in the mixture, coating all sides. Place on a baking sheet and bake for 30 minutes.
- 3 Meanwhile, in a medium sized bowl, toss the Brussels sprouts and onion with the remaining oil and season with salt and pepper.
- 4 Remove the baking sheet and scatter the Brussels sprouts and onion around the chicken. Place back in the oven for 15 minutes, until the sprouts are charred and the chicken is cooked through. Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is about two chicken thighs and one cup of Brussels sprouts and onion.