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HERBAL RECIPES



Honey Thyme Glazed Chicken



SERVES: 4



PREP TIME:
10 MINUTES



COOK TIME:
25–30 MINUTES

INGREDIENTS

- 4 boneless, skinless chicken breasts or thighs
- 2 tablespoons olive oil
- Salt and black pepper, to taste
- 3 tablespoons honey
- 2 tablespoons butter, melted
- 3 garlic cloves, minced
- 1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon paprika

INSTRUCTIONS

- 1 Preheat the oven to 400°F.
- 2 Pat the chicken dry and season both sides with salt, pepper, and paprika.
- 3 Heat the olive oil in an oven-safe skillet over medium-high heat. Sear the chicken for 3–4 minutes per side, until golden.
- 4 In a small bowl, mix the honey, melted butter, garlic, thyme, lemon juice, and Dijon mustard.
- 5 Pour the honey-thyme glaze over the chicken, turning each piece to coat it well.
- 6 Transfer the skillet to the oven and bake for 15–20 minutes, or until the chicken reaches 165°F internally.
- 7 Spoon the warm glaze over the chicken before serving.

*Serve with mashed potatoes,
roasted vegetables, rice, or a fresh salad.*

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Thyme