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## Easy Honey Mustard Chicken

**YIELD: SERVES 4** **TOTAL TIME: ABOUT 20 MINUTES** **PREP TIME: 5 MINUTES**  
**COOK TIME: ABOUT 15 MINUTES**



*We love honey mustard and this dish hit the spot. It's ridiculously easy, ready in 20 minutes, and the honey mustard coats the chicken beautifully and clings perfectly to the nooks and crannies of the broccoli. You can omit the broccoli but it's so good slathered in honey mustard and it stays crisp-tender. By preparing the chicken with the broccoli, you knock out your protein and vegetable in one skillet in a matter of minutes. A win on all accounts.*

### INGREDIENTS:

- 1/2 cup honey, or to taste
- 1/4 cup yellow mustard
- 1/4 cup dijon mustard (grainy or spicy brown mustard may be substituted)
- 2 tablespoons olive oil
- about 1.25 pounds boneless skinless chicken breasts (I used breast tenders)
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste
- 2 to 3 cups broccoli florets

### DIRECTIONS:

1. To a medium bowl add the honey, mustards, whisk to combine, taste and check for flavor balance, adding more honey or mustard to taste if necessary; set aside.
2. To a large skillet, add the oil, chicken, and cook over medium-high heat for about 3 to 5 minutes on the first side. Flip and cook for about 3 to 5 minutes on the second side. Cooking time will vary on the thickness of the chicken. Chicken should be about 90% cooked through.
3. Evenly drizzle the honey mustard over the chicken and flip each piece over a few times to ensure both sides are coated evenly.
4. Add the broccoli and stir to combine, making sure the broccoli gets coated with honey mustard. Cover and cook over medium-low heat allowing broccoli to steam for about 3 to 5 minutes or until broccoli is crisp-tender and chicken is cooked through. Serve immediately. Dish is best warm and fresh but extra will keep airtight in the fridge for up to 5 days, reheat gently as desired.

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