



honey mustard chicken and apples

Servings: **4 servings**

cal - 457 fat - 28g carbs - 18 g

Ingredients

8 skin on bone in chicken thighs
kosher salt and freshly ground pepper
2 tbsp evoo
1 large onion cut into large chunks
2 cooking apples cut into chunks
1 cup chicken broth
2-3 tbsp honey mustard
1 1/2 tsp butter, softened
1 tbsp flour
1-2 tbsp chopped parsley

Directions

preheat oven to 450. season the chicken with salt and pepper. heat the evoo in a large ovenproof skillet over med high heat. working in batches if necessary add the chicken skin side down and cook until golden, about 6 minutes. flip and cook 3-4 minutes more, then transfer to a plate. pour off all but 2 tbsp of the drippings add the onion and apples to the skillet and season with salt and pepper. cook until softened about 4 minutes. mix broth with mustard then add to the skillet and bring to a boil. arrange the chicken skin side up in the skillet. transfer to oven and roast until the chicken is cooked through, 15 - 20 minutes. mix the butter and flour to form a paste. use a slotted spoon to transfer chicken, apples and onion to plates. bring the pan juices to a simmer, whisk about 1/2 the butter mixture and boil to thicken, 2 minutes. continue to cook adding more of the butter mixture as needed to make a slightly thick gravy. season with salt and pepper. pour over the chicken and sprinkle with parsley!

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