

Easy Honey Mustard Chicken: Sweet, Tangy & Perfect Every Time

Here's what you'll need to create this fantastic Easy Honey Mustard Chicken:



OVEN
400°F

TIME
10 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

4 boneless, skinless chicken breasts (about 1.5 - 2 pounds total)
1 tablespoon olive oil
Salt and freshly ground black pepper to taste
1/2 cup honey
1/4 cup Dijon mustard
1 tablespoon apple cider vinegar
1/2 teaspoon garlic powder
1/4 teaspoon smoked paprika (optional, for depth)
Optional garnish: Fresh parsley or chives, chopped

DIRECTIONS

- 1. Prepare : Chicken:** Preheat your oven to 400°F (200°C). Lightly grease a baking dish or line a baking sheet with parchment paper for easy cleanup. Pat the chicken breasts thoroughly dry with paper towels. If your chicken breasts are very thick, you can pound them lightly to an even 3/4-inch thickness. Drizzle them with olive oil and season both sides generously with salt and black pepper. Place them in the prepared baking dish.
- 2. Make : Honey Mustard Sauce:** In a medium bowl, whisk together the honey, Dijon mustard, apple cider vinegar, garlic powder, and smoked paprika (if using). Stir until well combined.
- 3. Coat : Chicken:** Pour about two-thirds of the honey mustard sauce over the chicken breasts in the baking dish, ensuring they are well coated. Reserve the remaining one-third of the sauce for basting.
- 4. Bake (Initial):** Bake for 15 minutes.
- 5. Baste & : Finish Baking:** Remove the dish from the oven. Brush the chicken generously with the reserved honey mustard sauce. Return to the oven and bake for another 10-15 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C) when measured with an instant-read thermometer. The sauce should be bubbly and slightly caramelized.
- 6. Rest & : Serve:** Remove the chicken from the oven and let it rest in the baking dish for 5 minutes. This allows the juices to redistribute, ensuring tender, juicy chicken. Drizzle any remaining sauce from the pan over the chicken. Garnish with fresh parsley or chives if desired. Serve hot.

SWAPS & NOTES

Chicken Cut: While boneless, skinless chicken breasts are used here, this recipe works beautifully with boneless, skinless chicken thighs (they tend to be more forgiving and juicy) or even chicken tenders.

Mustard: Dijon mustard provides the best balance of tang and spice for the sauce.

Yellow mustard can be used for a more classic, milder flavor, but the Dijon adds depth.

Sweetener: Maple syrup can be substituted for honey if needed, though the flavor profile will change slightly.

TIPS FOR SUCCESS

Pound for Evenness: If your chicken breasts are thick, pounding them to an even thickness ensures they cook evenly and prevents dry spots.

Use a meat thermometer and pull them out as soon as they hit 165°F (74°C).

The resting period helps them finish cooking and stay juicy.

Pat Dry: Dry chicken surfaces allow seasonings and sauce to adhere better, promoting better browning.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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