



Chicken Honey Mustard Tray Bake



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 50-55
MINUTES



SERVES: 4-6

Ingredients

1.2 kg chicken thigh fillets, halved
1/4 cup cornflour
2 tbsp oil
400g sweet potato, cut into 2cm pieces
2 red onions, thickly sliced
1 small red capsicum cut into 2.5 cm pieces
1 cup Sicilian green olives, pitted
1/3 cup honey
1/4 cup seeded mustard
1/4 cup chopped fresh rosemary leaves
1 tbsp water

2 tsp cornflour, combined with 2 tablespoon water
50g baby spinach

Method

Preheat the oven on CircoTherm® 190°C. (This recipe may be cooked in a Microwave Combi Oven to save cooking time, check notes below).

Quickly toss the chicken in the cornflour until coated. Heat the oil on induction setting 8, shake the excess corn flour off the chicken and add to the oil and cook in 2 batches until lightly browned. Place the browned chicken onto a greased universal tray with the sweet potato, onions, capsicum and olives. Combine in a jug the honey, mustard, water and rosemary and mix well. Drizzle the mixture over the chicken fillets.

Bake for 40 minutes or until cooked through. Toss through the spinach leaves and serve immediately.

Notes

For a complete meal, cook this chicken recipe with our [Rosemary and Parmesan Potatoes](#) as a side, and then our [cobbler recipe](#) for dessert. See below for instructions on how to cook all three recipes at once in your NEFF oven.

Place the potatoes on shelf 1 in the oven for 10 minutes, after this time add the chicken on shelf 2 or 3 and cook for 25 minutes. Add the Parmesan to the potatoes then add in the pears for the Cobbler on shelf 4 and allow all 3 recipes to cook for a further 15 minutes.

The potatoes and the chicken should be ready at this stage to serve for the main meal. Quickly stir the pears and add the blueberries then top the Cobbler and continue cooking on shelf 2 for a further 20 minutes whilst the main course is eaten.

Combination Microwave Oven Cooking Method:

Ingredients:

As per original recipe but reduce the cornflour to 1 tablespoon

Method:

Place the chicken and cornflour in a bowl and toss to coat.

Place onto a paper lined universal tray with the sweet potato, onions, capsicum and olives.

Drizzle with oil and combined honey, mustard, water and rosemary.

Place on shelf position 2 and set the oven on microwave combination.

Select CircoRoast at 220°C with 360W for 22 minutes or until chicken and sweet potato is cooked.

Place chicken onto a serving plate. Add spinach to the vegetables and stir to combine. Place onto platter with chicken.