

Honey-Mustard Chicken Cutlets

Recipe By *Esther Ottensoser*



Cooking and Prep:  2 h

Serves:  4

No Allergens

Preference: Meat

Difficulty: Easy

Diet: Gluten Free, Low Fat,
Low Carb

Source: Family Table by
Mishpacha Magazine

Ingredients (8)

Marinade

- 1/4 cup oil
- 1/2 cup mustard
- 1/2 cup **Gefen Honey**

Yellow Rice

- 1 cup long-grain rice (such as Uncle Ben's)

- 2 and 1/2 cups water
 - 1 teaspoon salt
 - 1/4 teaspoon turmeric
 - 1 small onion, finely chopped
-

Start Cooking

Chicken

1. Combine marinade ingredients in a small bowl.
2. Coat chicken pieces in marinade and allow to sit for 30 minutes.
3. Bake in a preheated 350°F oven for 60–90 minutes, till done.

Rice

1. Preheat oven to 350°F (180°C).
2. Place all the ingredients except for the onion in a baking pan. Bake uncovered for approximately one hour until done.
3. Toss the onion into the hot rice and serve.