

Honey Mustard Chicken with Sweet Potatoes and Cauliflower

Recipe By Marilyn Ayalon



Cooking and Prep: 
1.5 h

Serves:  6

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Shabbat

Diet: Gluten Free, Low Carb

Source: Family Table by

Mishpacha Magazine

This recipe is simple to prepare, and results in a tender and tasty chicken with built-in side dishes.

Ingredients (12)

Chicken

- 6 pieces of chicken (any part you like)
- 2 tablespoons **Bartenura Olive Oil**
- 1 tablespoon thyme, fresh or dry
- salt, to taste
- dash of pepper

Honey Mustard Sauce

- 1 cup **Baron Herzog Chenin Blanc** or other dry white wine
- 3 tablespoons **Gefen Honey**
- 3 tablespoons mustard, preferably **Haddar Dijon**
- 3 cloves garlic, crushed or 3 cubes **Gefen Frozen Garlic**
- 1 level tablespoon dried rosemary

Vegetables

- 1/2 package (9 ounces/300 grams) cauliflower
 - 3 long, thin sweet potatoes, peeled and quartered
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Start Cooking

Honey Mustard Chicken

1. Heat oil in a wide pot over medium heat. Add chicken pieces, seasoned with salt, pepper, and thyme.
2. Fry on all sides until nice and brown, about 15 minutes.
3. In a small bowl, combine the wine, honey, mustard, garlic, and rosemary. Pour over the chicken. Bring to a boil. Lower heat and cook, covered, over very low heat for half an hour.
4. Uncover pot and arrange the cauliflower and sweet potatoes around the chicken. Use a spoon to baste vegetables with the sauce. Cover pot again and cook over low heat for an additional half hour.