


# 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,  
Paleo

**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

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## 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

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## 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.