



Honey Mustard Chicken Thighs

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 4 -5 boneless chicken thighs
- ¼ cup honey
- ½ cup O&V [Devils Mustard](#) *
- 2 cloves minced garlic
- 1 tablespoon O&V [Garlic EVOO](#) *
- 1 teaspoon O&V [Rosemary Dipper Seasoning](#) *
- 1 teaspoon chopped rosemary
- 1 teaspoon minced thyme
- Salt and pepper to taste

Preheat an air-fryer to 400F. Lightly brush the bottom of the air fryer with oil to prevent the thighs from sticking.

Mix the honey, mustard, garlic, EVOO, dipper seasoning, herbs, salt and pepper in a bowl. Taste and adjust seasoning to taste.

Pour mixture over chicken thighs massage well to coat all the pieces evenly. Place in the air-fryer in a single layer (you may have to make two batches based on the size of your air fryer).

Cook for 7-10 mins (depending on the size of the thighs) on each side until brown and crispy or until internal temp is 165 F as tested by a meat thermometer. For an alternative to cooking in an air-fryer see Chef Note.

Serves 4

Active time 10 minutes Total Time: 30 minutes

Chef Note

Alternatively, preheat an oven to 400F. Place the chicken thighs on a lightly oiled baking sheet and cook them in the oven for 25-30 minutes or until the internal temperature reaches 165F. Then turn on the broiler for an additional 3-4 minutes to give them color and crispness

Notes

* The [Garlic EVOO](#) adds a nice additional layer of garlicky flavor and the [Rosemary Dipper](#) is a versatile and flavorful seasoning mix. You can use your favorite spice mix and an [Unflavored EVOO](#). The [Devil's Mustard](#) has a fabulous slight spice that adds great flavor and contrast to the honey. If you choose to use a Dijon or Honey mustard, you can reduce the honey by half so as not to make the marinade too sweet.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free, Mediterranean Diet, Devil's Mustard, Rosemary Dipper, Devil's Mustard, Unflavored EVOO, Garlic EVOO, Chicken Thighs,