

Print and cut out recipe label, then tape onto freezer bag

Honey Mustard Chicken

Date:

Directions:

THAW MEAL BEFORE COOKING

- Pull the chicken out of the fridge and allow it to sit at room temperature for 15 minutes before cooking.

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Grill:

1. Preheat the grill to 400F.
2. Grill chicken for 4-6 minutes per side or until chicken reaches an internal temperature of 165F.

Oven:

1. Place chicken on greased 9x13-inch baking sheet. Bake for 22-25 minutes or until chicken reaches an internal temperature of 165F.

Skillet:

1. Heat a nonstick grill pan or skillet over medium heat with one teaspoon of olive oil. Sear chicken on each side until golden and crispy and chicken reaches an internal temperature of 165F.

Air Fryer:

1. Place chicken in an air fryer basket.
2. Cook at 400F for 15 minutes or until cooked through with an internal temperature of 165F.

Additional Instructions:

1. Let the chicken rest for 5 minutes after cooking.
2. Prepare a new batch of the honey mustard marinade above (without chicken) in a small bowl. Mix well and use it as a dressing to serve over salad.
3. Serve over a salad with tomatoes, avocado, crumbled bacon, corn, and onion and any other desired toppings.