

Honey Creamed Chicken with Bacon

This is easy to make and can be quite cost effective to make when chicken thighs or breasts are on special and is yummy served over steamed or roasted vegetables. It is also great with pasta, rice or mashed kumara and potato.



Ingredients

1/3 cup Manawa honey
5 skinless and boneless chicken breasts (or chicken thighs)
1/2 cup diced bacon, (I used 4 streaky bacon rashers)
3 level tbsp whole grain mustard
1 1/2 tbsp minced garlic, (or 3-4 cloves crushed garlic)
Salt to season
1/3 cup cream
1 cup milk (skim or full fat – almond milk may be used for a dairy free option)
1 tsp corn flour mixed with 1 tablespoon water
1 tbsp olive oil
2 tbsp chopped fresh parsley or chives

Method

In a large, shallow dish, combine the honey, mustard, garlic, oil and salt to taste (not too much salt if serving with bacon as the bacon will add a salty flavour when served). Coat chicken evenly in the sauce and set aside for 20 minutes.

Heat a nonstick pan (or skillet) over medium heat fry the bacon until crispy and transfer to a plate.

In the same pan, sear chicken pieces on each side in the oil left over from the bacon until just beginning to brown (about 2-3 minutes per side).

Add any remaining honey mustard sauce into the pan along with the cream and milk. Bring to a simmer while stirring occasionally to mix the favours through the sauce (about 3 minutes), until the chicken is cooked through. Transfer the chicken to a warmed plate leaving the sauce in the pan.

Pour the cornflour mixture into the centre of the pan, mixing it through the sauce until it thickens. Place chicken back into the pan and coat with the sauce. Top with the bacon and garnish with parsley.

Recipe developed for Manawa Honey NZ

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