

Honey Curry Chicken



Homemade meals can make everyone healthier, happier, and more connected. All meals are designed to meet each Lotus Park's family member needs by a licensed dietitian, and made fresh daily by loving people. Today we share our love with Honey Curry Chicken Breast recipe. *Community you want, Cuisine we all love!*

Procedure:

1. Place chicken in a bowl or baking pan.
2. In a bowl combine melted margarine, honey, mustard, curry, and cayenne pepper to taste. Mix well and pour over the chicken. Marinate the chicken in the sauce for 2 hours in the refrigerator.
3. Pull chicken breast out of the marinade onto a baking sheet and bake in a preheated 350 degree oven and bake until 170 degrees F, about 20 minutes. May need to adjust time depending on pan size. Pour the remaining marinade in a sauce pan and set aside.
4. Remove chicken and shingle in a baking pan. Pour all drippings from baking sheet into the marinade. Bring marinade and drippings to a boil over medium high heat, then reduce heat and simmer until it is a nectar thick consistency, about 30 minutes. Pour sauce over chicken and bake at 250 degrees F until chicken is back up to temperature..

Tips:

Particularly tasty served with rice and broccoly and loving company.

Cooking Time: 40 Minutes

Cooking Temp: 350/250 °F

Servings: 10

Serving Size: 3 oz

Ingredients:

Chicken Breast 2 lbs
Margarine 4 tbsp
Honey 1/2 cup
Mustard, Dijon 1/4 cup
Curry Powder 1 tsp
Cayenne Pepper 1 pinch