

Man-Pleasing Chicken



To make this chicken, which you should absolutely do immediately,

- Preheat oven to 230°C
- Mix together:
 - 1/2 cup of Dijon mustard
 - 1/4 cup of maple syrup
 - 1 tablespoon of rice/rice wine vinegar



- Put 750g of chicken thighs into a foil-lined, oven-proof baking dish.
- Season with salt and pepper the thighs.
- Pour maple mustard mixture over them, turning the thighs in the mixture so they are fully coated.



- Put the chicken thighs into the oven, and let them bake for 40 minutes or until a meat thermometer reads 165°F.
- Baste the tops of the chicken with more sauce half way through.
- Let the chicken rest for 5 minutes before serving.
- Plate the chicken, making sure to spoon some extra sauce over the top.
- Sprinkle over some fresh rosemary.

Shopping list:

- Chicken thighs - 750g
- Dijon mustard - 1/2 cup
- Maple syrup - 1/4 cup
- Rice/rice wine vinegar - 1 tablespoon
- Fresh rosemary
- Salt and pepper