

CrispLid Honey Mustard Chicken Breasts



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Website

★★★★★ (3 'Reviews)



Dijon mustard, honey, and fresh rosemary are mixed together and spread on chicken breasts that are placed under the CrispLid, resulting in juicy, tender chicken. Serve this honey mustard chicken alongside green veggies like broccoli and kale. Add a scoop of rice or quinoa for a complete meal!

Ready in: 30min **Prep time:** 10min

Cook time: 20min

Ingredients

6 tablespoons Dijon mustard

3 tablespoons honey

2 tablespoons minced fresh rosemary

$\frac{3}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground black pepper

6 (6 ounce) boneless, skinless chicken breasts

cooking spray

Directions

1. Stir Dijon mustard, honey, rosemary, salt, and black pepper together in a bowl.
2. Rub mustard mixture all over chicken breasts.
3. Spray CrispLid fryer basket generously with cooking spray. Place coated chicken breasts in one layer in the fryer basket, working in batches if needed.
4. Place CrispLid trivet into the inner steel pot of pressure cooker and place basket on trivet.
5. Place CrispLid on top of inner steel pot and plug in. Set to 350°F (180°C) and cook chicken until a thermometer inserted near the center reads at least 165°F (75°C), 20 to 24 minutes. Lift the lid using the handle and set it on the silicone trivet.

Appliances

For best results, we recommend using:



Mealthy Multipot



Mealthy CrispLid

Mealthy Tip



Try fresh thyme or tarragon in place of the rosemary for a different flavor!

Nutrition Facts



Per Serving: 241 calories; 5g fat; 9.8g carbohydrates; 38g protein; 102mg cholesterol; 759mg sodium.

[Full nutrition](#)

