

Mustard Crusted Chicken and Rice

Experience a burst of flavor with this mustard-crusted chicken and rice dish, where tender chicken is perfectly complemented by a crispy mustard crust, served alongside fluffy rice for a delightful meal.

INGREDIENTS

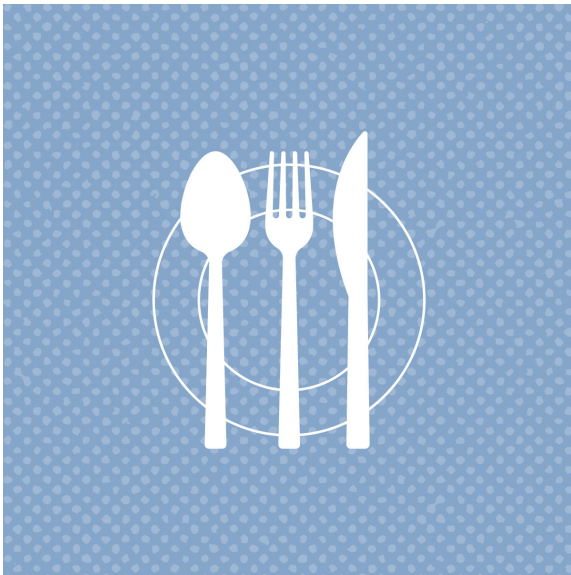
- 1 ½ cups baby carrots, cut crosswise into halves
- 1/2 cup sliced green onions
- 1 tbsp honey
- 4 bone-in, skin-on chicken breasts (about 1 to 1 ½ lbs)
- 1 (6.5 oz) package RICE-A-RONI® Cheddar Broccoli
- 2 cloves garlic, minced
- 2 ½ tbsp margarine, butter or spread with no trans fat
- 1/4 cup brown mustard

HOW TO MAKE

DIRECTIONS

Preheat broiler. In large skillet over medium heat, sauté rice-pasta mix with margarine until pasta is light golden brown. Slowly stir in 2 ¼ cups water, Special Seasonings and carrots; bring to a boil. Reduce heat to low. Cover; simmer 15 to 20 minutes or until rice is tender. Stir in green onions; let stand 5 minutes.

Meanwhile, combine mustard, honey and garlic; set aside. Place chicken, meaty-side down, on broiler pan. Broil chicken for 10 minutes. Turn chicken over and brush with half of mustard mixture. Broil 10 to 15 minutes or until chicken is no longer pink inside, brushing chicken once more with remaining mustard mixture. Serve chicken over rice.



PREP
TIME
10min



COOK
TIME
45min



SERVES
4

PRODUCT



Per Serving
210 CALORIES
2g SAT FAT 40% DV
610mg SODIUM 12% DV
3g SUGARS

NET WT 6.5 OZ (184 g)