



## Dijon Herb Roasted Chicken Breasts

Serves 4

### Ingredients:

- 4 chicken breasts, bone in, skin on
- 2 tablespoons Dijon mustard
- 1 tablespoon olive oil
- ½ yellow onion, sliced
- ½ cup low sodium chicken stock
- 4 sprigs parsley leaves, chopped
- 2 teaspoons garlic, chopped
- 1 teaspoon sugar
- 1 teaspoon red chili flakes
- 2 teaspoons salt
- 1 teaspoon black pepper

### Directions:

1. Mix all ingredients, except chicken and onion, together in large mixing bowl.
2. Once thoroughly mixed, add chicken and onion; toss until completely coated with marinade.
3. Place chicken and marinade in Flavor-Lockers Container and vacuum-seal the container.
4. Let chicken marinate for 45-60 minutes.
5. Once ready, place onions and chicken, skin side down, on 4-inch rack.
6. Cook on Power Level HI for 7-8 minutes per side.
7. Allow chicken to rest for 3 minutes before serving.
8. Serve over rice or roasted potatoes.

*Tip: Do not place chicken directly atop onions when cooking. Chicken should sit beside onions.*

For more recipe information, visit [www.NuWaveCookingClub.com](http://www.NuWaveCookingClub.com)

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