

# Roast Chicken Thighs with Dijon Marmalade

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 6 organic chicken thighs
- 2 organic oranges
- 1/4 cup honey
- 3 tbsp dijon mustard
- 2-3 tbsp extra-virgin olive oil

## Instructions:

1. Preheat oven to 350F degrees and line a baking dish with parchment paper.
2. Remove peel from orange and either chop the peel finely, or transfer to a mini food processor and blitz into small chunks. Eat remaining orange or throw chunks into a salad.
3. Remove from food processor and transfer to a small bowl. Combine with honey, mustard and extra-virgin olive oil. Give a taste test. Depending how strong the dijon is, add more honey if necessary.
4. Place chicken thighs into baking dish. Spoon sauce over top of chicken. Place in oven and bake for 35 minutes.

## Notes:

Serves 4 (2 adults, 2 kids)