



Honey and Mustard Chicken

Preparation: 10 minutes.

Cooking: 20 minutes.

Ingredients :

- 4 Half Chicken Breasts
- ¼ Cup Onions (Finely Chopped)
- 1 Can Of Chicken Cream
- ½ Cup of Water
- ½ Tablespoon Garlic Powder
- 2 Tablespoons of Honey
- 2 Tablespoons of Dijon Mustard

Preparation :

Golden brown the chicken in a *CromoTanium* frying pan (on medium heat for 10 minutes). Add onion and keep frying for 3 minutes. Add the cream of chicken mix, water and the dressing. Cover and keep on cooking for 5 minutes or about temperature reaches 70°C.