

# Rosemary & Honey-Mustard Chicken Thighs With Sugar Snaps

6 chicken thighs  
2 garlic cloves, smashed  
1 can of coconut milk  
4 springs of rosemary  
1 small red onion, sliced thin  
2 cups of sugar snap peas  
2 tablespoon whole grain mustard  
¼ cup + 1tbls local raw honey  
¼ cup Dijon mustard  
½ teaspoon red pepper flakes (optional, but totally worth it)  
2 tablespoons coconut oil  
salt and pepper to taste



Let's Get To It!

1. Preheat the oven to 375°
2. In a small bowl, mix ¼ cup of the honey and a ¼ cup of the Dijon mustard and set aside
3. Pat the chicken dry with paper towels, and season generously with salt and pepper
4. In a large cast iron skillet, heat the coconut oil over medium- high heat
5. Add the chicken with the skin side down and brown for about 5 minutes or until the skin is nice and crispy
6. Flip the chicken, add the onion, garlic, rosemary, and honey mustard mixture to the skillet
7. Pop it in the oven for about 20 minutes
8. Pull it out of the oven, return the pan to a medium heat, remove the chicken, tent it with foil, and set aside
9. Add the coconut milk, salt, pepper, 1 tablespoon of honey, and 2 tablespoons of whole grain mustard, bring to a boil being sure to whisk constantly
10. Add the red pepper flakes and sugar snaps, cook for 2 minutes or just until the sugar snaps turn a vibrant green color- don't over cook
11. Return the chicken to the pan, turn off the heat, and let everything sit in the pan for about 5 minutes so the chicken can reheat and the flavors can marry together