



Cajun Honey Mustard Grilled Chicken

Introduction

If you're looking for a delicious and easy way to bring some southern flair to your dinner table, look no further than Cajun Honey Mustard Grilled Chicken. Juicy and flavorful, this dish combines the sweetness of honey with the tang of mustard and a zesty kick from Cajun seasoning. It's perfect for summer barbecues, family gatherings, or a simple weeknight meal that will impress your loved ones. The marinade not only infuses the chicken breasts with rich flavors but also helps tenderize the meat, making each bite irresistibly juicy. So fire up the grill and get ready for a culinary adventure that blends the essence of Cajun cuisine with a touch of sweetness.

Detailed Ingredients

Chicken Breasts: 4 boneless, skinless chicken breasts. Look for fresh poultry for the best flavor and texture.

Honey: 1/4 cup honey. Use a good quality honey for a natural sweetness that elevates the dish.

Dijon Mustard: 1/4 cup Dijon mustard. This adds a sharp, tangy flavor that balances the sweetness of the honey.

Creole Mustard: 2 tablespoons Creole mustard. This mustard gives added depth and spice, typical of Cajun cooking.

Cajun Seasoning: 1 tablespoon Cajun seasoning. Make sure to use a robust blend of spices for that true Cajun flavor.

Olive Oil: 1 tablespoon olive oil. This helps in marinating the chicken and prevents sticking on the grill.

Garlic: 2 cloves garlic, minced. Fresh garlic adds an aromatic touch that enhances the overall flavor profile.

Apple Cider Vinegar: 1 tablespoon apple cider vinegar. It provides acidity to the marinade, balancing the sweetness of the honey.

Smoked Paprika: 1/2 teaspoon smoked paprika. This adds a subtle smokiness that complements the grilled chicken.

Salt and Pepper: Salt and pepper to taste. Essential seasonings that heighten all the flavors in the marinade.

See also [Stuffed Eggs with Herring and Beets](#)

Fresh Parsley: Fresh parsley, chopped (for garnish). A sprinkle of green adds freshness and color to your dish.

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 15 minutes

Total Time: 1 hour 25 minutes

Yield: 4 servings

Detailed Directions and Instructions

Prepare the Marinade

In a medium bowl, start by whisking together the honey, Dijon mustard, and Creole mustard until smooth. The combination of these mustards creates a perfect balance of sweet and savory. Next, add the Cajun seasoning, olive oil, minced garlic, apple cider vinegar, smoked paprika, salt, and pepper. Continue to whisk until all ingredients are well combined and a thick, cohesive marinade forms.

Marinate the Chicken

Once the marinade is prepared, take the 4 boneless, skinless chicken breasts and place them into a resealable plastic bag or shallow dish. Pour the freshly made marinade over the chicken, ensuring each piece is thoroughly coated in the flavorful mixture. Seal the bag or cover the dish with plastic wrap, then refrigerate the chicken for at least 1 hour. For maximum flavor, allow it to marinate overnight; this will allow the

spices to permeate the meat.

Preheat the Grill

While the chicken marinates, preheat your grill to medium-high heat. This temperature is perfect for creating a nice sear on the chicken while keeping it juicy on the inside.

Grill the Chicken

After marinating, remove the chicken from the refrigerator. Take the chicken breasts out of the marinade, letting any excess marinade drip off. Place the chicken on the preheated grill. Cook the chicken for about 6-7 minutes on one side. It's important not to rush this step; the chicken must develop a beautiful grill mark and sear before you flip it. After 6-7 minutes, flip the chicken over and cook for an additional 6-7 minutes. The chicken is cooked through once the internal temperature reaches 165°F (74°C).

See also Crockpot Cowboy Soup

Serve

Once cooked, remove the chicken from the grill and transfer it to a serving platter. To add a pop of color and freshness, garnish the chicken with chopped fresh parsley. Serve hot and enjoy your Cajun Honey Mustard Grilled Chicken alongside your favorite sides.

Notes

Storing Leftovers

If you have any leftover grilled chicken, store it in an airtight container in the refrigerator. It will stay fresh for up to 3-4 days, making it perfect

for meal prep or quick lunches.

Freezing Options

For longer storage, you can freeze the marinated chicken. Place the chicken breasts in a freezer-safe bag along with the marinade, and freeze for up to 3 months. Thaw in the refrigerator before grilling.

Adjusting Spice Level

Cajun seasoning can vary in heat levels. If you prefer a milder flavor, consider reducing the amount of Cajun seasoning or using a milder blend.

Cook techniques

Grilling

Grilling is an excellent technique for cooking chicken, as it allows for a delicious smoky flavor while keeping the meat juicy. Always preheat your grill to ensure proper cooking and to prevent sticking.

Marinating

Marinating is essential in this recipe. It not only adds flavor but also helps in tenderizing the chicken. The longer the chicken marinates, the more flavorful it becomes.

Checking for Doneness

Cutting into the chicken to check if it is cooked can dry it out. Instead, use a meat thermometer to check for an internal temperature of 165°F (74°C).

FAQ

Can I use bone-in chicken for this recipe?

Yes, you can use bone-in chicken, but the cooking time will increase. Make sure to cook it until it reaches the appropriate internal temperature.

See also [Mulberry Granita](#)

What sides pair well with Cajun Honey Mustard Grilled Chicken?

Some great side dishes include coleslaw, corn on the cob, grilled vegetables, or a simple green salad.

Can I bake the chicken instead of grilling it?

Absolutely! You can bake the marinated chicken in a preheated oven at 375°F (190°C) for about 25-30 minutes, or until the internal temperature reaches 165°F.

Conclusion

Cajun Honey Mustard Grilled Chicken is a delicious recipe that beautifully combines sweet, tangy, and spicy flavors. This dish is not only easy to prepare but also promises to be a crowd-pleaser at any gathering. By marinating the chicken, you allow the flavors to develop, ensuring every bite is packed with deliciousness. The grilled chicken pairs wonderfully with a variety of sides, making it a versatile option for any meal. Whether it's a summertime barbecue or a cozy family dinner, this recipe is sure to impress.

More recipes suggestions and combination

Cajun Honey Mustard Grilled Shrimp

Swap chicken for shrimp in this marinade for a quick and easy seafood dish that's full of flavor.

Cajun Chicken Pasta

Sauté marinated chicken pieces and toss them with pasta, veggies, and a creamy sauce for a hearty meal.

Grilled Vegetable Medley

Pair your grilled chicken with a side of marinated grilled vegetables such as zucchini, bell peppers, and asparagus.

Cajun Rice Pilaf

Serve your chicken over a base of fluffy cajun rice pilaf for a complete meal bursting with flavor.

Honey Mustard Dipping Sauce

For an extra touch, create a honey mustard dipping sauce by combining equal parts honey and Dijon mustard for a delightful condiment.