



# Cajun Honey Mustard Grilled Chicken

## Introduction

Cajun Honey Mustard Grilled Chicken is a delightful fusion of flavors that brings the spice and zest of Cajun cuisine right to your grill. Marinated in a sweet and tangy mixture of honey, Dijon mustard, and Cajun seasoning, this chicken dish is not only incredibly easy to prepare but also sure to impress family and friends at any gathering or barbecue. The honey adds a subtle sweetness that balances the heat from the Cajun spices, creating a perfectly harmonious dish that can be served in various ways.

This recipe showcases how simple ingredients can work together to create rich, robust flavors that make grilled chicken exciting. Whether

it's for a summer cookout or a weekday dinner, this dish is versatile enough to complement any side, making it a go-to option in your culinary repertoire.

## Detailed Ingredients

4 boneless, skinless chicken breasts

1/4 cup honey

1/4 cup Dijon mustard

2 tablespoons Creole mustard

1 tablespoon Cajun seasoning

1 tablespoon olive oil

2 cloves garlic, minced

1 tablespoon apple cider vinegar

1/2 teaspoon smoked paprika

Salt and pepper to taste

Fresh parsley, chopped (for garnish)

## Prep Time

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

To create the marinade, start by gathering all your ingredients. In a medium bowl, combine the honey, Dijon mustard, Creole mustard, Cajun seasoning, olive oil, minced garlic, apple cider vinegar, smoked paprika, salt, and pepper. Whisk the mixture thoroughly until all the ingredients are well blended. The result should be a smooth, thick marinade that clings to the chicken, imparting its fabulous flavors.

See also [Butter Tart Squares Recipe](#)

#### Marinate the Chicken

Once your marinade is ready, take the chicken breasts and place them in a resealable plastic bag or a shallow dish. Pour the marinade over the chicken, ensuring each piece is entirely coated. For maximum flavor, press the marinade into the chicken and seal the bag, removing any excess air, or cover the dish tightly. Refrigerate the marinated chicken for at least 1 hour; if time allows, letting it sit overnight is ideal for deeper flavor absorption.

#### Grill the Chicken

When you're ready to cook, preheat your grill to medium-high heat. As

the grill heats, take the chicken from the refrigerator. Remove it from the marinade, allowing any excess to drip off; you want a good amount of marinade to remain on the chicken for flavor but avoid excess that could cause flare-ups on the grill. Place the chicken on the hot grill, cooking for about 6-7 minutes on each side. Use a meat thermometer to ensure the chicken is cooked through; the internal temperature should reach 165°F (74°C).

### **Serve**

Once your chicken is grilled to perfection, transfer it to a serving platter. To add a fresh touch, garnish with chopped fresh parsley. This dish is best served hot, alongside your favorite sides, such as coleslaw, grilled vegetables, or a mixed green salad.

### **Notes**

- For an added kick, consider increasing the amount of Cajun seasoning or adding a pinch of cayenne pepper to the marinade.
- If you do not have Cajun seasoning, you can create a makeshift version by combining paprika, onion powder, garlic powder, black pepper, and dried thyme.
- Feel free to use bone-in chicken if that's your preference, but be sure to adjust the cooking time as it will take longer to reach the necessary internal temperature.

See also [Lemon Poppy Seed Crepes](#)

### **Cook techniques**

- **Marinating:** This technique allows the flavors to permeate the chicken, resulting in moist, flavorful meat. Too often, chicken can be bland, but marinating infuses it with taste, enhancing its natural flavor.
- **Grilling:** This method adds a wonderful smoky char and creates

appealing grill marks. Closing the grill lid can help cook the chicken evenly and retain moisture.

## **FAQ**

### **Can I use chicken thighs instead of breasts?**

Absolutely! Chicken thighs will work wonderfully with this marinade and will give you slightly juicier, more flavorful results due to their higher fat content.

### **Is it necessary to marinate the chicken overnight?**

While marinating overnight is ideal for a more intense flavor, marinating for at least 1 hour will still yield delicious results.

### **What should I serve with Cajun Honey Mustard Grilled Chicken?**

This dish pairs wonderfully with various sides including roasted vegetables, corn on the cob, rice, or a refreshing salad.

## **Conclusion**

Cajun Honey Mustard Grilled Chicken is a dish that embodies the spirit of outdoor cooking while celebrating bold flavors. The combination of sweet and spicy enhances the natural flavors of the chicken, making it an instant crowd-pleaser. With easy preparation and versatile serving options, this recipe deserves a spot in your culinary collection.

### **More recipes suggestions and combinations**

#### **Grilled Vegetable Medley**

A colorful assortment of seasonal vegetables can be tossed in a bit of

olive oil and your favorite herbs, then grilled alongside the chicken, making for a perfect complement.

### **Classic Coleslaw**

A crisp, tangy coleslaw is a classic side that balances the rich, sweet, and spicy flavors of the grilled chicken.

See also Pumpkin Donut Holes

### **Cajun Rice Pilaf**

Consider serving the chicken over a bed of Cajun rice pilaf for a complete and harmonious meal, making the flavors of the chicken and side integrate beautifully.

### **Garlic Bread**

Garlic bread makes for a delightful, buttery accompaniment and is perfect for soaking up any leftover marinade or juices from the chicken.

This Cajun Honey Mustard Grilled Chicken recipe not only delivers fantastic flavors but also brings people together around the grill, offering a delightful meal that celebrates the joy of cooking.