Honey Thyme Roast Chicken with Honey Mustard and Vanilla Sauce

EASY • 1 HOUR 30 MINS

If you need a comforting classic with a twist, we've got you. Take one roasted chicken, place garlic thyme butter under the skin then serve with a creamy honey mustard sauce that has the faintest hint of vanilla.

This effortless combination will warm your soul.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	20 mins	1 hour 10 mins	4

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Ingredients

Chicken

- 1.5-2kg free range whole chicken, patted dry
- 25g butter
- 1 ½ tbsp extra virgin olive oil
- Sea salt and pepper
- 1 whole lemon
- 90g (¼ cup) Capilano Organic Raw Honey, warmed
- 2 tbsp fresh thyme leaves
- ¼ tsp dried chilli flakes

Honey Mustard Vanilla Sauce

- 1/3 cup chicken juices (from roast chicken)
- 2 tsp plain flour
- 2 tbsp Dijon mustard
- 2 tbsp Capilano Organic Raw Honey
- 1 tsp vanilla bean paste
- ½ cup thickened cream

Method

1. Preheat oven to 200°C (fan forced). Line a large roasting dish with baking paper.

2. To prepare chicken, gently lift the skin away from the chicken breasts until you have two small pockets. Combine 1 tsp thyme and butter in a small bowl, mix well then gently transfer under the chicken skin using a teaspoon.

3. Rub chicken all over with olive oil and season well with salt and pepper. Zest whole lemon, then place the zested lemon inside chicken cavity, setting zest aside. Truss chicken legs together with kitchen twine. Place in a roasting dish and roast for 50 minutes.

4. For the glaze, combine honey, lemon zest, remaining thyme leaves, and chilli flakes in a small bowl and mix until well combined. After the chicken has roasted for 50 minutes, baste honey glaze over the chicken and return to the oven basting every 5 minutes for another 20 minutes. Reserve some chicken juices to prepare sauce.

5. For the sauce, combine 1/3 cup chicken juice with flour and whisk over a low heat until a paste forms and the flour has cooked out (about 2-3 minutes). Add mustard, honey, vanilla and cream and cook over medium heat, whisking until the sauce has thickened and is reduced to your liking.

6. Serve the chicken with the honey mustard sauce and a squeeze of honey.

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

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Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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