



**Barbara's Picks!**

Kitchen-tested by Morden's  
own Barbara Dixon

Morden's Organic Farm Store

801 Collinson Road, Dundas, ON  
905-627-4774

### **Dijon Chicken with Carrots**

8 skinless chicken thighs (I used thighs with skin on and removed before serving)  
1/4 cup fresh parsley, chopped (I used dried)  
2 Tbsp Dijon mustard  
2 Tbsp grainy Dijon mustard  
1/4 tsp each salt & pepper  
2 Tbsp vegetable oil  
2 onions, thinly sliced  
3 carrots, thinly sliced diagonally  
1/2 tsp dried thyme (did not use)  
1 cup chicken stock  
1 Tbsp butter  
1 Tbsp all purpose flour

In shallow bowl, combine 1 Tbsp of the parsley, the Dijon mustard, grainy mustard, salt & pepper. One at a time, press chicken thighs in mixture, turning to coat.

In large non stick skillet, heat half of the oil over medium high heat; brown chicken in batches, and turning once. Transfer chicken to plate. Drain off fat in pan.

Add remaining oil to pan; fry onions, thyme and carrots over medium heat until softened, about 4 minutes. Add stock. Return chicken to skillet and bring to a boil. Cover and simmer over medium heat until juices run clear when chicken is pierced, about 40 minutes. With slotted spoon, transfer chicken, onion and carrots to pan, cover and keep warm.

In bowl, mash flour with butter, whisk into pan and boil over high heat, whisking until thickened, about 2 minutes. Pour over chicken. Sprinkle with remaining parsley

Makes 4 servings