Mustard chicken

4 chicken thigh

2 soup spoon of mustard

2 soup spoon of oil

2 clove garlic

½ onion

Thyme

1 coffe spoon of paprika

Salt and Pepper

Instructions

Preheat in oven to 180°

Cook while 1 hour

Coat a chicken thigh with this mixture while 1 hours

Chop garlic and onion, mix to paprika, oil, mustard, thyme and salt pepper