

Honey Mustard Oven Roasted Turkey Breast

2.2 pounds (1 kilo) skinless boneless turkey breast

2 tablespoons oil (not olive oil)

3 tablespoons thick honey

1 tablespoon Dijon mustard

2 teaspoons sweet paprika

2 teaspoons onion powder

Directions:

Preheat oven to 350F/180C.

Place turkey breast in high sided baking pan, lined with parchment paper, and make sure the pan has a cover (or use tinfoil). Slather first with the oil, coating top and bottom. Next slather with honey and then the mustard and make sure it's coated all over. Lastly sprinkle with the paprika and onion powder and gently pat on top till turkey breast is uniformly covered. Let turkey breast sit for about 15 minutes (or longer) while oven comes to temperature. Place in preheated oven for about an hour to an hour and 15 minutes and check if fully cooked through. For the last fifteen minutes, uncover the turkey breast and let brown a bit (It will not brown as much as a turkey breast with skin on). Using a thermometer to check for doneness is best. Take turkey out when it reaches 160F/71 C (and the residual heat will keep it cooking till it reaches 165 F/74C). Let turkey rest before slicing about 15 minutes loosely tented with foil or covered in pan with it's lid. Don't overcook or you will dry out the turkey. Serve hot or cold.