

Chocolate Glazed Chicken Breast

A unique and savory main dish combining tender chicken breast with a rich, slightly bitter chocolate glaze that adds depth and an unexpected twist. Perfect for adventurous eaters looking to explore chocolate beyond desserts.



Main Dish

25 min

Total time

Medium

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast (about 150g)
- 30g dark chocolate (70% cocoa)
- 1 tsp olive oil
- 1 clove garlic, minced
- 1/4 tsp chili powder
- Salt and pepper to taste
- 1 tbsp balsamic vinegar
- Fresh parsley for garnish (optional)

Steps

- 1 Season the chicken breast with salt, pepper, and chili powder.
- 2 Heat olive oil in a skillet over medium heat.
- 3 Add minced garlic and sauté for 1 minute until fragrant.
- 4 Add the chicken breast and cook for 6-7 minutes on each side until golden and cooked through.
- 5 Meanwhile, melt the dark chocolate gently in a double boiler or microwave.
- 6 Stir in balsamic vinegar into the melted chocolate until smooth.
- 7 Once the chicken is cooked, pour the chocolate glaze over it in the skillet and let it simmer for 1-2 minutes.
- 8 Plate the chicken and drizzle any extra glaze from the pan over it.
- 9 Garnish with fresh parsley if desired and serve immediately.