

Citrus Glazed Chicken with Orange Salsa

A vibrant and zesty main dish featuring succulent chicken glazed with a sweet orange sauce, complemented by a refreshing orange salsa. This dish is perfect for a light yet satisfying meal.



Main Dish

25 min

Total time

medium

Difficulty

320

kcal / serving

Ingredients

- 1 chicken breast (about 150g)
- 1 orange (zest and juice)
- 1 tablespoon honey
- 1 teaspoon olive oil
- Salt and pepper to taste
- 1/4 red onion, finely chopped
- 1/4 cucumber, diced
- 1 tablespoon fresh cilantro, chopped
- 1/2 lime (juice)
- Optional: lettuce leaves for serving

Steps

- 1 Preheat the grill or a skillet over medium heat.
- 2 In a small bowl, mix the orange juice, zest, honey, olive oil, salt, and pepper to create the glaze.
- 3 Brush the chicken breast with the glaze and cook on the grill or skillet for about 6-7 minutes on each side until cooked through.
- 4 While the chicken is cooking, prepare the salsa by combining the chopped red onion, cucumber, cilantro, and lime juice in a bowl. Mix well.
- 5 Once the chicken is cooked, remove it from the heat and let it rest for a couple of minutes.
- 6 Slice the chicken and top it with the orange salsa. Serve on a bed of lettuce if desired.