

Citrus Glazed Chicken with Orange Salsa

This vibrant dish features succulent chicken breasts glazed with a sweet and tangy orange sauce, topped with a refreshing orange salsa. A perfect balance of flavors that will tantalize your taste buds!



Main Dish

25 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast
- 1 orange (zested and juiced)
- 1 tablespoon honey
- 1 teaspoon olive oil
- Salt and pepper to taste
- 1/4 red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 tablespoon lime juice
- 1/2 avocado, diced (optional)

Steps

- 1 In a small bowl, mix the orange zest, orange juice, honey, olive oil, salt, and pepper to create the glaze.
- 2 Preheat a skillet over medium heat. Season the chicken breast with salt and pepper.
- 3 Cook the chicken in the skillet for about 5-7 minutes on each side, or until fully cooked.
- 4 In the last minute of cooking, pour the orange glaze over the chicken and let it caramelize slightly.
- 5 In another bowl, combine the chopped red onion, cilantro, lime juice, and diced avocado (if using) to make the salsa.
- 6 Once the chicken is cooked, remove it from the skillet and let it rest for a minute before slicing.
- 7 Serve the chicken topped with the orange salsa and enjoy!