

# Grilled Banana Chicken

A savory and sweet main dish combining grilled chicken with caramelized bananas for a unique flavor experience.



Main Dish

**20 min**

Total time

**Easy**

Difficulty

**350**

kcal / serving

## Ingredients

- 1 boneless chicken breast
- 2 ripe bananas
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 teaspoon honey
- 1 tablespoon chopped fresh parsley

## Steps

- 1 Preheat grill to medium-high heat.
- 2 Season the chicken breast with salt, pepper, and olive oil.
- 3 Grill the chicken for 4-5 minutes per side, or until cooked through.
- 4 While the chicken is grilling, peel and slice the bananas.
- 5 In a small skillet, heat the honey over medium heat.
- 6 Add the banana slices to the skillet and cook for 2-3 minutes, until caramelized.
- 7 Remove the chicken from the grill and let it rest for a few minutes.
- 8 Serve the grilled chicken topped with the caramelized bananas.
- 9 Garnish with chopped fresh parsley.