

Honey-Glazed Chicken with Cantaloupe Salad

This refreshing dish combines succulent honey-glazed chicken with a vibrant cantaloupe salad, making for a healthy and satisfying Asian-inspired main course. The touch of cheese provides a creamy contrast, while the hint of ketchup adds a unique twist.



Main Dish

Asian

30 min

Total time

easy

Difficulty

360

kcal / serving

Ingredients

- 1 chicken breast (150g)
- 1/2 cup cantaloupe, diced
- 1 tablespoon honey
- 1 tablespoon low-sodium ketchup
- 30g feta cheese, crumbled
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps

- 1 In a small bowl, mix honey, ketchup, soy sauce, sesame oil, salt, and pepper to create a marinade.
- 2 Marinate the chicken breast in the mixture for at least 15 minutes.
- 3 While the chicken is marinating, prepare the cantaloupe salad by combining diced cantaloupe and crumbled feta cheese in a bowl.
- 4 Heat a non-stick skillet over medium heat and cook the marinated chicken for about 6-7 minutes on each side, or until fully cooked (internal temperature should reach 165°F/75°C).
- 5 Once cooked, let the chicken rest for a minute, then slice it.
- 6 Serve the sliced chicken on a plate alongside the cantaloupe salad, garnished with fresh cilantro.