

Low-Carb Brazilian Chicken with Ginger and Mango

Enjoy the flavors of Brazil with this low-carb chicken dish infused with the zing of ginger and the sweetness of mango. It's a healthy and delicious meal option!



Main Dish

Brazilian

30 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast
- 1 tablespoon grated ginger
- 1/2 cup diced mango
- Salt and pepper to taste
- 1 tablespoon olive oil

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Season the chicken breast with salt, pepper, and grated ginger.
- 3 Heat olive oil in an oven-safe skillet over medium-high heat.
- 4 Sear the chicken breast on both sides until golden brown.
- 5 Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the chicken is cooked through.
- 6 Remove the skillet from the oven and let the chicken rest for a few minutes.
- 7 Slice the chicken breast and serve with diced mango on top.