

Mango Glazed Chicken



A tropical twist on a classic dish, this Mango Glazed Chicken is sweet, tangy, and bursting with flavor.

Main Dish

40 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- ☐ 1 chicken breast
- ☐ 1 ripe mango
- ☐ 1/4 cup soy sauce
- ☐ 2 tbsp honey
- ☐ 1 tbsp olive oil
- ☐ Salt and pepper to taste

Steps

- 1 Blend the ripe mango until smooth.
- 2 Mix mango puree, soy sauce, honey, salt, and pepper in a bowl.
- 3 Marinate the chicken breast in the mixture for 30 minutes.
- 4 Heat olive oil in a pan and cook the chicken until golden brown and cooked through.
- 5 Serve hot with extra mango glaze on top.