

Mango Glazed Chicken

Enjoy the tropical flavors of juicy mango combined with succulent chicken in this delightful dish.



Main Dish

25 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast
- 1 ripe mango, diced
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 tablespoon olive oil
- Salt and pepper to taste

Steps

- 1 Season chicken breast with salt and pepper.
- 2 In a bowl, mix diced mango, soy sauce, and honey.
- 3 Heat olive oil in a pan over medium heat.
- 4 Sear chicken breast until cooked through.
- 5 Pour mango mixture over the chicken and cook for another minute.
- 6 Serve hot and enjoy!