

Savory Jam Glazed Chicken

This savory jam glazed chicken is a delightful fusion of sweet and savory flavors, perfect for a quick yet impressive main dish.

The rich jam glaze caramelizes beautifully, providing a mouthwatering finish to the tender chicken.



Main Dish

30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast (150g)
- 2 tablespoons jam (preferably apricot or fig)
- 1 teaspoon soy sauce
- 1 teaspoon olive oil
- Salt and pepper to taste
- 1 teaspoon fresh rosemary (or 1/2 teaspoon dried)
- 1/2 cup mixed greens (for serving)

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 In a small bowl, mix the jam, soy sauce, olive oil, and rosemary together until well combined.
- 3 Season the chicken breast with salt and pepper on both sides.
- 4 Heat a small oven-safe skillet over medium heat and add the chicken breast. Sear for about 3-4 minutes on each side until golden brown.
- 5 Brush the jam mixture generously over the top of the chicken.
- 6 Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F (75°C).
- 7 Serve the chicken on a bed of mixed greens, drizzled with any remaining glaze from the skillet.