

Savory Jelly-Glazed Chicken with Herb Salad

A unique main dish combining the sweetness of jelly with tender chicken, topped with a fresh herb salad. This dish balances savory and sweet flavors for a delightful meal.



Main Dish

25 min

Total time

Medium

Difficulty

350

kcal / serving

Ingredients

- 100g chicken breast
- 1 tbsp grape jelly
- 1 tsp soy sauce
- 1 tsp olive oil
- Salt and pepper to taste
- 1 handful mixed fresh herbs (parsley, basil, cilantro)
- 1 tsp lemon juice
- 1 small garlic clove, minced

Steps

- 1 Season the chicken breast with salt and pepper.
- 2 Heat olive oil in a pan over medium heat.
- 3 Cook the chicken breast for 5-6 minutes on each side until fully cooked and golden brown.
- 4 In a small bowl, mix grape jelly and soy sauce to create the glaze.
- 5 Brush the jelly glaze onto the chicken and cook for another 1-2 minutes, allowing it to caramelize slightly.
- 6 In a separate bowl, mix minced garlic, lemon juice, and chopped fresh herbs.
- 7 Serve the glazed chicken topped with the fresh herb salad for a refreshing contrast.