

Sweet and Savory Jam-Glazed Chicken Breast

A quick and flavorful main dish where chicken breast is glazed with a tangy fruit jam, creating a perfect balance of sweet and savory flavors. Ideal for a simple yet impressive meal.



Main Dish

20 min

Total time

Easy

Difficulty

280

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast (about 150g)
- 2 tbsp fruit jam (such as apricot or raspberry)
- 1 tsp olive oil
- 1/2 tsp soy sauce
- 1/4 tsp garlic powder
- Salt and pepper to taste
- Fresh herbs for garnish (optional)

Steps

- 1 Preheat a skillet over medium heat and add olive oil.
- 2 Season the chicken breast with salt, pepper, and garlic powder.
- 3 Place the chicken in the skillet and cook for 4-5 minutes on each side until golden brown and cooked through.
- 4 In a small bowl, mix the jam and soy sauce.
- 5 Reduce heat to low and brush the jam mixture over the chicken, cooking for another 1-2 minutes until the glaze is sticky and caramelized.
- 6 Remove from heat and garnish with fresh herbs if desired.
- 7 Serve immediately with your choice of side.