

Jammy Balsamic Chicken

 Ready in 1 hour & 50 minutes



Meal Type:

LUNCH OR DINNER

Preparation Difficulty:

MEDIUM

Program Phase:

ALL PHASES

Preparation Time:

PREP: 15 minutes

COOK: 35 minutes

MARINATE: 1 HOUR+



ADAPTED FROM: The Roasted Root



TIP: FOR STRONGER FLAVOR, LET THE CHICKEN MARINATE 4-6 HOURS! THIS IS A GREAT TO DO IN THE AFTERNOON SO IT'S READY FOR DINNER!

INGREDIENTS (3-4 SERVINGS):

3-4 chicken breasts (4 oz servings for female, 6oz servings for male)

3 tbsp avocado or olive oil (Reserve 1 tbsp for cooking)

3 tbsp balsamic vinegar

1/4 cup Berry Chai Jam (see recipe)

3 cloves garlic, minced

1 tsp pink Himalayan or regular sea salt

1. In a blender, blend everything except for the chicken breast. In a zip lock bag, add the chicken breasts and the marinade. Seal the bag, shake and move the chicken around until its evenly coated.
2. Place in the fridge for at least an hour.
3. Preheat the oven to 350 degrees F. While the oven is heating, heat a cast iron or stainless steel skillet over medium heat with 1 tbsp oil. Carefully place chicken in skillet. Sear chicken on both sides for about 3-5 mins each, until there is good color.
4. Remove skillet from stovetop. Cover it with foil and place in the oven (if using a stainless steel skillet, make sure it's oven safe!) for 25-35 mins. Make sure the chicken reaches an internal temperature of 165 degree F and is cooked through.
5. Allow chicken to rest for 10 mins and serve with vegetable of choice!

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