

BOOM BOOM POW Chicken



GATHER

1 LB Chicken Boneless Breast
3 Tbsp Sweet Chili Sauce

SALT/PEPPER
1 Tbsp Chopped Fresh Cilantro

2 Limes, Juiced and Zested
2 Tsp Minced Garlic

1 Orange, Juiced and Zested

PREP

Wash the chicken breasts, pat dry with a paper towel. Sprinkle with salt and pepper.

Whisk together the fruit juices and zest, sweet chili sauce, cilantro, and garlic.

Put the marinade in a ziploc bag and add the chicken. Place in refrigerator for 30 minutes up to 24 hours. The longer it marinades, the better it is!

COOK

Warm a sauté pan up over medium heat.

While the pan is warming up, pour the excess marinade into a small pan and warm up over medium-high heat until it has cooked down to half.

When the sauté pan is warm, add 1 Tbsp olive oil and the chicken to the pan. After 5-8 minutes, flip the breasts over. Add the cooked down marinade on top of the chicken breasts. Make sure to stir the sauce frequently to prevent burning. After 10 minutes, check the temperature of the chicken or cut into one of the breasts at the thickest part to check for pinkness. Cook until chicken reaches 165-degrees or is no longer pink.

Serve immediately. Enjoy!