

Pan Fried Mango Chicken



Ingredients:

2 large skinless chicken breasts
1 medium mango diced or chunked
4 green onions chopped
3 tblsp butter
2 tsp powdered honey
2 garlic cloves
White pepper
Salt

Directions:

Trim the excess fat from the breasts and cut into long strips. You can cut them in half if you wish.

In a non-stick frying pan add the butter and heat to a medium high heat. Place the chicken strips in the pan and season to taste with the salt, white pepper, garlic (using a garlic press) and powdered honey. Lightly brown the chicken on one side then turn over.

Once the chicken is turned add the mango. Be sure and stir the mango around in the pan so all the pieces of chicken have contact with the mango. Add the green onions about a minute before the chicken is done.

Serve on a bed of baby spinach. You can garnish with some other fruit or small cherry or grape tomatoes.