

Strawberry Basil Chicken

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Prep time: 5 mins Cook time: 10 mins Total time: 15 mins Serves: 4

Ingredients

- 3-4 large chicken breasts
- 3 tbsp olive oil
- 3 garlic cloves, crushed
- ½ tsp sea salt
- ½ tsp pepper
- 2 cups chopped fresh strawberries
- 1 cup chopped fresh basil
- 3 tbsp balsamic vinegar or balsamic glaze*

Instructions

1. Begin by heating a large skillet to medium heat. Add olive oil and garlic, cook for 2 minutes or until fragrant.
2. Prepare your chicken breasts: you may need to pound the breast to make them a bit thinner, mine were approximately 1 inch. Salt and pepper each side, add to pan. Cook for 3-5 minutes per side (until golden brown, but cooked through). Set aside.
3. Meanwhile, prepare the topping. Toss together strawberries, basil, balsamic and 1 tbsp olive oil. Top each chicken breast with strawberry mixture, and salt and pepper to taste. Add additional balsamic glaze or balsamic if needed. Serve immediately.

Notes

Balsamic glaze is a thick syrup like version of balsamic vinegar, it is also a bit sweeter. It can be found in some grocery stores near salad dressings.