



Garlic Mango Chicken with Walnuts and Honey

These not too sweet chicken breasts make an easy, sophisticated dinner, with toasted walnuts adding a flavourful, crunchy bite. Team up with steamed spinach and rice.

Ingredients

4 large skinless, boneless chicken breasts
1/2 cup + 1/4 cup **Garlic & Mango Dressing**
1/4 cup all purpose flour
1/4 tsp. salt and pinch of fresh black pepper
2 tbsp. butter
1/4 cup liquid honey
1/2 cup dry white wine
1/2 fresh mango, peeled and sliced into wedges
1/2 cup toasted walnuts, coarsely chopped
1 tbsp. kirsch
2 tsp. chopped fresh thyme



Directions

Place each breast between wax paper and pound flat with a mallet. Place in dish and cover with 1/4 cup **Garlic Mango Dressing**. Marinate chicken minimum 1 hour.

Place flour on a plate and season with salt and pepper. Dredge chicken in flour, shaking off excess flour.

Heat butter in a large frying pan over medium heat. When bubbly add chicken. Sauté 3 - 4 minutes per side or until golden brown. Add honey, wine and remaining 1/2 cup **Garlic & Mango Dressing**. Reduce heat, cover and simmer 5 minutes. Transfer breasts to a plate and keep warm.

Increase heat to high and add kirsch, thyme and fresh mango slices. Bring to a boil until sauce thickens (3-5 minutes). Stir in walnuts until coated. Spoon over chicken.



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