Dinner, Latin American

Seared Chicken with Tropical Fruit Salsa

Chicken breasts rubbed with warm spices are seared in a skillet, finished in the oven, and served with a chilled salsa of pineapple, mandarin oranges, green onion, red bell pepper, and coconut.



Gluten free | Dairy free

90 min	230	16 g	13 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup canned pineapple (no added sugar, well drained)
- [ ] 1 cup water- or juice-packed mandarin oranges (well drained, coarsely chopped)
- [ ] 2 stalks green onion (scallion) (white part only, minced)
- [ ] 1/4 cup red bell pepper (minced)
- [ ] 1 1/2 tbsp unsweetened coconut flakes
- [ ] 1/4 tsp crushed red pepper flakes
- [ ] 1 lbs boneless, skinless chicken breasts
- [ ] 1 tsp ground cumin
- [ ] 1 tsp chili powder
- [ ] 1/4 tsp kosher salt
- [ ] 1/8 tsp black pepper
- [ ] 1 tbsp vegetable oil

Nutrition Facts

Per serving

Calories	230
Total fat	7 g
Saturated fat	2 g
Sodium	180 mg
Total carbs	16 g
Fiber	2 g
Total sugars	13 g
Protein	26 g

Method

- [ ] 1 Line a baking sheet with foil and heat the oven to 375 degrees F.
- [ ] 2 In a bowl, stir together the drained canned pineapple, chopped mandarin oranges, minced green onion, red bell pepper, unsweetened coconut flakes, and crushed red pepper flakes. Cover and refrigerate the salsa for 1 hour.
- [ ] 3 Trim any excess fat from the boneless, skinless chicken breasts.
- [ ] 4 Stir the ground cumin, chili powder, kosher salt, and black pepper together, then rub the mixture over each chicken breast.
- [ ] 5 Heat the vegetable oil in a large skillet over medium high heat and sear the chicken on both sides for 10 minutes total.
- [ ] 6 Transfer the seared chicken to the prepared baking sheet and cover it loosely with foil or parchment paper.
- [ ] 7 Finish the chicken in the oven until cooked through, about 6-7 minutes longer.
- [ ] 8 Let the salsa come up to room temperature, then serve it with the chicken.

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