

Foodnity Recipes

Healthy Honey Lime Chicken With Mango Salsa

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican-American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts, cut into 1-inch pieces
- [ ] 2 tbsp honey
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp lime zest
- [ ] 1 tbsp olive oil
- [ ] Salt and pepper to taste

Mango Salsa

- [ ] 2 ripe mangoes, diced
- [ ] 1/4 red onion, finely chopped
- [ ] 1 jalapeño, seeded and minced
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] 1 tbsp lime juice
- [ ] 1 tsp honey (optional)
- [ ] Pinch of sea salt

Instructions

1. In a bowl, whisk honey, lime juice, zest, olive oil, salt, and pepper; add the chicken pieces and toss to coat. Let it sit while you prep the salsa.
2. Combine diced mango, red onion, jalapeño, cilantro, lime juice, honey, and sea salt in a separate bowl. Mix gently and set aside.
3. Heat a large skillet over medium-high heat. Add the marinated chicken, spreading it in a single layer. Sear for 3-4 minutes per side until golden and cooked through.
4. Remove chicken from heat, plate it, and spoon the fresh mango salsa over the top. Serve immediately with your favorite grain or salad.

Nutrition per serving

340 kcal	32 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pan gets too hot, lower the heat to avoid burning the glaze.
- Taste the salsa before serving; adjust lime or salt as needed.
- For extra crunch, sprinkle toasted pumpkin seeds on top.