

TURMERIC MAPLE CHICKEN

Ingredients

- 1 lb skinless boneless chicken breasts (about 3 breasts)
- 1/2 Tablespoon avocado oil
- 2 1/2 Tablespoons pure maple syrup
- 2 Tablespoons low sodium tamari (or soy sauce)
- 1 teaspoon minced garlic
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper

Instructions

1. Preheat oven to 400°F
2. Add oil to a cast iron skillet and turn heat on medium/medium-high heat.
3. Pat chicken dry and season with sea salt and black pepper. At this point your oil should be hot and the chicken should sizzle when added to the skillet.
4. Add all three pieces of chicken to the skillet and sear for 4-5 minutes on each side.
5. While chicken is searing combine maple syrup, tamari, garlic, turmeric and black pepper in a small bowl.
6. Once both sides of the chicken are seared, carefully pour maple turmeric sauce over chicken and toss to coat.
7. Move skillet from the stovetop into the preheated oven and bake for 10 minutes or until chicken is tender and cooked throughout. Serve warm and enjoy!

<https://www.eatingbirdfood.com/maple-turmeric-chicken/>

Enjoy 😊