



Orange Glazed Chicken and Feta

INGREDIENTS:

CHICKEN PREPARATION

- 4 tbsl *garam masala mix*
- 2 (6 oz) *chicken breast*
- *flour for dusting*

SAUCE

- 2 *oranges*
- 1 *tbs garlic, chopped*
- 1/8 *tsp fennel seed*
- 1 *tbs water*

GARAM MASALA MIX

- 4 *tbs ground cumin*
- 2 *tbs ground coriander*
- 2 *tbs ground cardamom*
- 2 *tbs ground black pepper*
- 1 *tbs ground cinnamon*
- 1 *tbs ground clove*
- 1 *tbs ground nutmeg*

DIRECTIONS:

CHICKEN PREPARATION

1. Season chicken evenly on both sides with salt and pepper.
2. Dust both sides evenly in *garam masala mix*.
3. Dust evenly in flour and shake off excess.

SAUCE

1. Combine all ingredients in a bowl and mix well.
2. On medium heat in a saute pan, add just enough olive oil to coat the bottom of the pan.
3. Sear chicken on both sides until golden and finish in the oven at 350f degrees until internal temperature reaches 160f degrees.
4. Return to stove top and add sauce mixture, cook until a glaze consistency develops.
5. Turn chicken a few times to glaze evenly.
6. Remove from pan and garnish with feta cheese and green onions.

GARAM MASALA MIX

1. Mix all ingredients well in a bowl.
2. If desired, toast on medium heat in a saute pan to awaken the spices and aromatics.
3. Store in a cool dry place.