

CAFE THOMPSON RECIPE

SPICY PEACH-GLAZED GRILLED CHICKEN BREAST

This summer-inspired dish is characterized by its sweet-and-savory profile with a piquant edge. It features a glossy, caramelized exterior that balances the natural sugars of fruit with the sharp heat of peppers.

SERVES 6



INGREDIENTS

- 2 1/2 pounds chicken breast halves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- 2 each shallots, small dice
- 4 cloves garlic, minced
- 1 jalapeño, finely chopped
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 2 cups peaches

DIRECTIONS

In a bowl, season the chicken breasts with the salt and pepper.

In a pan, add the oil on medium heat, and then sauté the shallots and garlic for 2 minutes. Add the jalapeño, mustard, honey and peaches. Cook for 4 minutes, and take off the heat. Set aside.

Heat the grill to medium-high. Grill the chicken for 6 minutes per side or until the internal temperature reaches 165 F.

Side dishes

Cornbread
Collard Greens

