

Blackened Chicken Breast with Papaya, Peach Plum and Pineapple Over Mesclun Greens

Serves: 4

Recipe by Chef G. Garvin

4 boneless skinless chicken breast halves, 6 oz. each
2 tablespoons olive oil
1 peaches, peeled, pitted and diced
1 plum, peeled, pitted and diced
1 papaya, peeled, pitted and diced
1/2 pineapple, peeled, cored and diced
1 teaspoon honey
1 teaspoon cilantro, fresh and chopped
12 ounces mesclun greens
1 teaspoon fresh mint, chopped
G. Garvin blackening spice

Method:

1. Rinse chicken and pat dry. Season chicken with blackening spice.
2. In a sauté pan heat olive oil over medium heat. Add chicken and sauté for 3 or 4 minutes per side or until done. Remove from pan and set aside.
3. For salsa, in a medium bowl place all diced fruit, the honey, cilantro and mint. Combine thoroughly. Place mesclun greens on serving plates. Top with chicken. Top chicken with fruit salsa.