

Honey Balsamic Chicken with Feta Vegetables

September 2nd, 2022

This recipe serves: 4

Prep Time: 00:15

Cook Time: 02:15

This is another flavorful recipe that is easy to make.

Ingredients:

Honey Balsamic Chicken:

- 1/4 Cup Honey
- 1/4 Cup Balsamic Vinegar
- 1/4 Cup Olive Oil
- 1/2 Teaspoon Dried Rosemary
- 1/4 Teaspoon Table Salt
- 2 Garlic cloves, minced or 1/2 Teaspoon Garlic Powder
- 3 pounds Chicken Thighs, boneless and skinless

Feta Veggies:

- 1 Eggplant, sliced into 1/2 inch thick rings
- 8 Ounces Cherry Tomatoes, quartered
- 2 Garlic cloves, minced or 1/2 Teaspoon Garlic Powder
- 1/2 Ounce Fresh Basil Leaves or 1 Teaspoon Dried Basil
- 1 Teaspoon Dried Oregano
- 6 Ounces Feta Cheese

Directions:

Honey Balsamic Chicken:

- Mix the Sauce ingredients together.
- Add the Chicken into a Sous Vide bag.
- Add the Sauce.
- Remove the air and vacuum seal the bag.

Refrigerate for 24 hours.

Sous Vide at 165° F for 1 Hour.

Remove the bag from the Sous Vide.

Feta Veggies:

Sous Vide 190° F - 1 Hour

Put it all together

- Remove the Chicken from the Sous Vide bag, reserving the Au Jus.
- Use a paper towel or tea towel to blot the excess liquid from the Chicken.
- Set a large saute pan over medium high heat. Add Olive Oil.
- Grill the Chicken for 2 minutes on each side.
- Remove the Chicken from the pan.

- Open the Feta Veggies bag. Carefully pour the contents of the bag into the saute pan.
- Add the Au Jus from the Chicken bag.
- Bring to a low simmer and remove from the heat.

Serve the Feta Vegetable mix over Chicken Breasts.