

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. Since the separate Sous Vide bags must be cooked at different temperatures, you will need to Sous Vide in 2 separate cooking sessions.

Ingredients:

Chicken:

3 pounds Chicken Breast, boneless and skinless

Honey Balsamic Sauce:

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

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 Honey Balsamic 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.

Put the bag on ice to cool, then refrigerate.

Feta Veggies:

Add the Feta Veggies into another Sous Vide bag.

Remove the air and vacuum seal the bag.

Sous Vide at 190° F for 1 hour.

15 minutes before the timer runs out on the Feta Veggies:

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 sauté pan over medium high heat. Add Olive Oil.

Grill the Chicken for 2 minutes on each side.

Remove the Chicken from the pan.

Add the Au Jus from the Chicken bag.

Bring to a low simmer and reduce until the timer runs out for the Feta Veggies.

Remove the Honey Balsamic Sauce from the heat.

Arrange a serving of the Feta Vegetables on a plate.

Arrange a Chicken Breast on the Vegetables.

Cover with the Honey Balsamic Sauce.

Serve and Enjoy.