

Curry Fig and Citrus Chicken

Serves 6

- 6 All natural boneless skinless chicken breasts, thawed, rinsed, and patted dry
- 1 cup Salad Girl Curry Fig dressing
- 1 tablespoon orange juice
- 1 tablespoon lemon juice

- 1 cup whole wheat flour
- 1/8 teaspoon sea salt
- 1/8 teaspoon black pepper
- 2 cans organic chicken broth
- 1 bag Salad Girl "TO GO" Nuts & Fruits Curry Fig Blend
- 6 tablespoons organic olive oil
- 1 box jasmine rice
- 1 teaspoon organic orange zest

Mix ½ cup Salad Girl Curry Fig salad dressing, orange juice, and lemon juice. Pour over chicken breasts, and marinate for 10-12 minutes.

Mix flour and salt and pepper together, reserving 2 tablespoons mixture, dredge chicken pieces in dry mixture.

Heat 1½ tablespoons olive oil in large skillet, and brown chicken breasts on both sides. Remove from skillet. Add remaining olive oil to skillet and whisk in reserved flour, chicken broth, and ½ cup of Salad Girl Curry Fig Dressing. Add chicken breasts and scallions. Cover and simmer on low for 20 minutes.

Prepare rice by package directions and before serving, add orange zest, and 2 tablespoons Salad Girl "TO GO" Nuts & Fruits Curry Fig Blend.

