

# Chicken breast with melon salsa

Description



**Yield**  
4 servings



**Scheduling**  
Preparation: approx. 50 minutes



**Nutritional values** (100 g or 100 ml)  
energy: 480 kJ/115 kcal;  
fat: 5,8 g, of which saturated 0,9 g;  
carbohydrates: 5,2 g, of which sugars 3,5 g  
protein: 9,7 g; salt 0,8 g

## Recipe

### Ingredients (1'391 g)

560 g	chicken breast
10 g	salt
1 g	ground black pepper
10 g	thyme
20 g	olive oil
400 g	Charentais melon
100 g	spring onions
150 g	tomatoes
10 g	peperoncini
10 g	lemon balm
10 g	basil
20 g	sugar
40 g	lemon juice
50 g	olive oil

## Production

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### Preparation

Preheat the oven to 80°C. Season the chicken breasts with salt and pepper. Remove the thyme leaves from the sprigs.

Heat the olive oil. Fry the chicken breasts for 2-3 minutes on each side. Towards the end of the frying time, sprinkle with thyme and turn the chicken breasts twice. Place the breasts on the preheated plate and cook in the oven at 80°C for 30 minutes.

In the meantime, remove the seeds from the melons and cut them out of their skins. Cut the melons into very fine cubes and place them in a bowl. Finely chop the spring onions, including the green parts. Remove the stems from the tomatoes, cut the tomatoes in half horizontally, remove the seeds and dice very finely. Add both ingredients to the melon.

Finely chop the peperoncini, including the seeds. Cut the lemon balm and basil into very fine strips. Add the peperoncini and herbs to the melon along with the lemon juice and the second portion of olive oil. Mix everything together and season the salsa with salt and pepper to taste.

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### Serving

Slice the chicken breasts and arrange them on four hot plates. Spoon part of the melon mixture over the top, and serve the remaining sauce on the side. Serve with rice or pasta.