

# Pan Roasted Chicken Breast with Figs, Honey & Balsamic served over Goat Cheese Polenta



*Recipe serves 6 people.*

<b>Chicken Breast</b> ( <i>skin on</i> )	6 each
<b>Fresh Figs</b> ( <i>diced</i> )	6 each
<b>Honey</b>	3/4 cup
<b>Balsamic Vinegar</b>	1/3 cup
<b>Instant Polenta</b>	8 ounces
<b>Chicken Stock</b>	3 cups
<b>Milk</b>	1 cup
<b>Goat Cheese</b>	6 ounces
<b>Butter</b>	1 stick

1. For the polenta, bring the chicken stock, milk and butter to a boil.
2. Add the polenta, whisk and turn the heat down the simmer.
3. Simmer for about 5 minutes, whisking every 30 seconds or so.
4. Add the goat cheese and season with salt and pepper.
5. Heat a large sauté pan with olive oil on high.
6. Season the chicken breast with salt and pepper on both sides.
7. Add the chicken to the pan, skin side down, in the pan.
8. Turn the heat down to medium.
9. Cook for about 4 minutes until crispy.
10. Flip the chicken and cook for about 4 more minute depending on the thickness.
11. The internal temperature should be around 160 degrees. You can use a meat thermometer to check the cooking temperature.

12. Take the chicken out of the pan and pour off any excess fat or oil.
13. Add the figs to the hot pan and sauté for about 30 seconds.
14. Add the vinegar and honey and bring to a boil.
15. Season with salt and black pepper.

To serve, place the polenta on the plate, top with the chicken and drizzle the sauce over the top.