

Treasure Barrel

Honey Hot Chicken Salad Recipe

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Honey Hot Chicken

- [ ] 1.5 lbs boneless, skinless chicken breast, cut into 1-inch cubes
- [ ] 1 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1/3 cup honey
- [ ] 1/4 cup hot sauce (like Frank's RedHot or Sriracha)
- [ ] 1 tbsp apple cider vinegar
- [ ] Salt and black pepper to taste

For the Salad

- [ ] 8 cups mixed greens or chopped romaine lettuce
- [ ] 1 large avocado, sliced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup corn kernels (fresh or frozen, thawed)
- [ ] 1/2 red onion, thinly sliced
- [ ] Optional: chopped fresh cilantro for garnish
- [ ] Your favorite ranch or blue cheese dressing, for serving

Instructions

1. First, let's get the chicken ready. Pat your chicken pieces completely dry with a paper towel—this is my secret to a perfect sear. Season them generously with salt and pepper. Now, heat the olive oil in a large skillet over medium-high heat. You want the pan to be hot enough that the chicken sizzles as soon as it touches down. Carefully place the chicken in the skillet in a single layer, making sure not to overcrowd it. You may need to do this in two batches. Let the chicken cook for about 3-4 minutes per side, until it's beautifully golden brown and cooked through. The smell at this stage is just pure, simple comfort. Once cooked, remove the chicken from the skillet and set it aside on a plate for a moment.

2. Now for that incredible glaze. Reduce the heat to medium and add the minced garlic to the same skillet. Oh, be careful here, garlic can burn so quickly! Sauté it for just about 30 seconds until you can smell its gorgeous, fragrant aroma. Then, pour in the honey, hot sauce, and apple cider vinegar. Whisk it all together, scraping up any delicious browned bits from the bottom of the pan—that's pure flavor right there. Let this mixture come to a gentle simmer and cook for 2-3 minutes, until it thickens just slightly into a beautiful, glossy sauce.

3. It's time to reunite the chicken with the sauce. Return the cooked chicken pieces to the skillet. Gently toss everything together until every single piece of chicken is coated in that luscious, sticky honey hot glaze. Let it cook for another minute or two, just to let the flavors meld together perfectly. The way the sauce clings to the chicken is just so satisfying to see. This is the heart of the dish, and it smells absolutely heavenly. For a different but equally comforting experience, you might enjoy an easy creamy soup on another night.

4 Finally, let's build our masterpiece. In a large bowl, combine your mixed greens, halved cherry tomatoes, corn, and thinly sliced red onion. Divide the salad mixture among four bowls. Arrange the sliced avocado on top, then spoon that warm, wonderful honey hot chicken over everything. The contrast in temperatures and textures is what makes it so special. I love to finish it with a sprinkle of fresh cilantro for a pop of brightness and serve it immediately with a side of creamy ranch dressing. It's a truly beautiful meal.

Nutrition per serving

480 kcal	38 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The sweetness of the honey can cause the glaze to burn if the heat is too high. Keep a close eye on it and maintain a gentle simmer rather than a rolling boil for the best results. It’s all about patience.
- Feel free to adjust the sauce to your liking. If you prefer it sweeter, add a touch more honey. If you want more of a tangy kick, a little extra vinegar or hot sauce will do the trick. Cooking is all about tasting and trusting your own palate.
- This chicken is also fantastic served over a bed of quinoa or rice if you're not in the mood for a salad. It can even be used to make amazing wraps with a little lettuce and ranch in a soft tortilla. The possibilities are really endless.