

# GRILLED CHICKEN WITH MANGO SALSA



**Serves 4**

## Ingredients

*Lula*

### Chicken:

- 4 skinless, boneless chicken breasts
- 6 cups water
- 6 tablespoons salt
- 6 tablespoons brown sugar
- 1 bay leaf

### Salsa:

- 3/4 cup frozen mango pieces, thawed
- 3/4 cup frozen pineapple pieces, thawed
- 1 jalapeno pepper
- 1 tablespoon chopped, fresh cilantro
- Juice of one lime

### Glaze:

- 1/4 cup pineapple juice
- 1 tablespoon chopped fresh cilantro
- 3 tablespoons soy sauce
- 2 tablespoons honey
- Juice of one lime
- Dash of crushed red pepper

## Directions

To brine the chicken, bring half the water to a boil. Add salt and sugar and stir until dissolved. Remove from heat. Add bay leaf, remaining iced water and chicken. Brine for at least 30 minutes.

To prepare salsa, chop mango and pineapple pieces into small bites. Seed the jalapeno pepper and dice. Mix all Salsa ingredients, cover and chill for at least 30 minutes.

To prepare glaze, add all ingredients to a small saucepan and heat until well blended, about 10 minutes. Remove from heat.

To prepare chicken, remove chicken from brine and pat dry. Heat BBQ to high.

Sear chicken on each side for 5 minutes. Move to cooler part of grill and cook over indirect heat for 20 minutes or until internal temperature reaches 165 degrees. Apply glaze the last five minutes of cooking. Serve chicken with salsa, steamed rice and a chilled bottle of Lula Cellars 2021 Sauvignon Blanc. Enjoy!