

Grilled Spicy Mango Chicken (Healthy)

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp **Aunty Jen's Hela Wela**
- 1 tbsp olive oil
- 1 mango, diced
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- Salt to taste

Instructions:

1. **Marinate the Chicken:**

- Rub chicken breasts with olive oil and coat evenly with **Aunty Jen's Hela Wela** seasoning. Let marinate for 20 minutes.

2. **Grill the Chicken:**

- Preheat grill to medium heat. Grill chicken for 6-8 minutes per side or until fully cooked.

3. **Prepare the Mango Salsa:**

- In a bowl, combine diced mango, cilantro, lime juice, and a pinch of salt.

4. **Serve:**

- Top the grilled chicken with mango salsa and serve with a side of steamed vegetables or quinoa.