

for the
little onesDiced
CucumberCherry
tomatoesRice, Mango Chutney
& Chicken Skewer

Mango Chicken

Sweet mango chicken served over rice and topped with fresh cucumber and cherry tomatoes to serve.



25 Minutes



4/6 Servings



Chicken

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FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
DICED CHICKEN BREAST FILLET	600g	600g + 300g
BROWN ONION	1	2
MANGO CHUTNEY	3 x 45g	4 x 45g
COCONUT MILK	400ml	400ml
LEBANESE CUCUMBERS	2	3
CHERRY TOMATOES	200g	2 x 200g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cardamom (optional), ground turmeric

COOKING TOOLS

saucepan, large frypan

You can stretch the curry by adding some more veggies! Carrot, sweet potato, zucchini or capsicum all work well. Add extra flavour with ginger, curry powder and cumin, or serve topped with fresh coriander.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK the Rice

Place **rice** in a saucepan, cover with **600ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

6P – cover rice with 900ml water.



2. COOK CHICKEN & ONION

Heat a large frypan with **oil** over medium-high heat. Add **diced chicken** to cook. Dice and add **onion**. Cook for 5 minutes.

tip Halve and add the cherry tomatoes now if you prefer them in the curry!



3. SEASON the CHICKEN

Season with **1 tsp turmeric**, **2 tsp ground cardamom**, **salt and pepper** (see notes). Cook for 1-2 minutes.

tip For a very mild curry add 1/2 tsp turmeric and no cardamom.



4. SIMMER the Sauce

Stir in **2 tubs mango chutney** and **coconut milk**. Simmer over medium heat for 10 minutes.

6P – add 3 small tubs mango chutney and 1/2 tin water.



5. PREPARE the TOPPING

Meanwhile, dice **cucumbers** and halve **cherry tomatoes**. Set aside.



6. FINISH AND SERVE

Season **mango chicken** with **salt and pepper** to taste. Serve with **rice**, **fresh toppings** and remaining **mango chutney**.