



Product Spotlight: Onion

Did you know onions were a form of currency in the Middle Ages? They paid for rent, goods and services, and they were even given as gifts!



Creamy Mango Chicken

with Basmati Rice

Tender chicken pieces cooked in a creamy coconut sauce with mango chutney served on a bed of rice and garnished with cooling diced cucumber.



25 minutes



4 servings



Chicken

5 May 2023

Freshen it up!

Serve with a squeeze of lime juice, fresh mint or coriander if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	23g	51g

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
CARROTS	2
DICED CHICKEN THIGHS	600g
MANGO CHUTNEY	1 jar
COCONUT MILK	400ml
LEBANESE CUCUMBERS	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, ground cardamom

KEY UTENSILS

large frypan, saucepan

NOTES

You can use coconut oil for this dish.

This is a mild creamy coconut curry. You can add some curry powder or ground cumin to further spice the dish.



1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil** (see notes). Dice onion and slice carrots. Add to pan and cook for 5 minutes until softened.



3. COOK THE CHICKEN

Add chicken to pan with **1 tsp turmeric**, **2 tsp ground cardamom**, **salt and pepper** (see notes). Cook until browned.



4. SIMMER THE SAUCE

Stir in 1/4 cup mango chutney and coconut milk. Semi-cover and simmer for 10 minutes.



5. PREPARE THE CUCUMBERS

Meanwhile, dice cucumbers. Set aside.



6. FINISH AND SERVE

Season chicken with **salt and pepper** to taste. Divide rice and chicken among bowls. Top with fresh cucumber and add more mango chutney to taste.



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