

FOR the
Little ones

MANGO Chicken

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

 25 Minutes

 4 Servings

 Chicken

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FROM YOUR BOX

BASMATI RICE	300g
DICED CHICKEN BREAST FILLET	600g
BROWN ONION	1
MANGO CHUTNEY	1 jar
COCONUT MILK	400ml
LEBANESE CUCUMBERS	2
CHERRY TOMATOES	1 packet (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.

tip Use a rice cooker if you have one!



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 1/2 cup mango chutney and coconut milk. Simmer over medium heat for 10 minutes.



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 and fresh toppings at the table. Use more mango chutney to taste.