

Difficulty:  
Easy



# Chicken and mango

Time:  
60 minutes



curry  
with rice



**Allergens: celery**

## What is it?

A super tasty chicken dish with a mild intensity, but you can make it as spicy as you like by adding chilli powder to the mix during cooking!

**AVERAGE COST  
PER PERSON**

**£1.47**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Tumeric	1 tsp	1 tsp	2 tsp
Cumin	1 tsp	1 tsp	2 tsp
Chicken stock (dissolved)	400ml	400ml	600ml
Chicken thighs	2	3	4
Onion	1	1	2
Mango	1	1	2
Curry paste/powder	4 tbsp	4 tbsp	5 tbsp
Ginger	60g	70g	80g
Coconut milk	200g	200g	400g
Rice	150g	200g	250g

## Kit list:

- Saucepan
- Mixing bowl

You will also need some oil and salt

## Make it your own!

Why not add some of your favourite takeaway extras like onion bahjis or naan bread - look up some easy recipes online!

**Celebrate Family  
Food**

Charity no.  
1125784



# What to do:

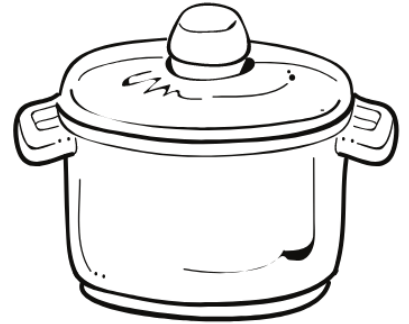
**Step 1:** Place the chicken thighs in pan with 1 tsp of turmeric and a little salt, giving it a stir. Add some oil and brown the thighs well on both sides. Remove from the pan.

**Step 2:** Roughly cut all the fruit from the mango, leaving the stone and skin. Put into a bowl with the curry powder/paste, chopped ginger and diced onion. Mix into a paste, then tip into the pan and gently cook until the onions have softened.

**Step 3:** Stir in the cumin and turn up the heat for a couple of minutes. Return the chicken to the pan. Stir in the coconut milk and chicken stock. Bring to a gentle simmer, then cover and cook for 40 mins until the chicken is cooked through (check by cutting into a piece). Shred the cooked chicken using two forks to break it into smaller pieces.

**Step 4:** Meanwhile, boil the rice in a saucepan of hot water until cooked to taste.

**Serve:** Drain the rice and dish up into bowls or plates. Add a scoop of your delicious curry. Tuck in!



What did you think of this recipe? Colour in the stars to give it a rating!

