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by Joyce Milne

Mango Coconut Chicken



Ingredients

2 very ripe mangoes
1 tbsp vegetable oil
1 large onion chopped
1 can coconut milk
4 chicken breasts chopped in 1inch cubes
pinch of salt
pinch cumin
pinch cinnamon
pinch paprika

Preparation

1. Remove all the flesh from the mango,
2. Add this, and the chopped onion to the oil in a pot, sauté gently for 5 minutes
3. Add the chicken breast and all other ingredients
4. Cover and simmer genly for 20 minutes or until chicken is cooked.

Cooks Note

Here's what i made last night for pot luck lunch today.... you need to get yourself invited to one of my gatherings. We could do a 'pot luck' lunch at your office one day... see how much we can throw over our necks in half an hour..