



Posted on 18 April 2013

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 1 inch 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 gently 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..
