

Auntie S? Mango Chicken

Description

2 boneless skinless chicken breasts

½ green pepper

½ yellow pepper

½ red pepper

2 green onions

½ mango

75ml chicken stock

10ml vegetable oil

25ml roasted cashews

25ml sugar

15ml soya sauce

15ml cider vinegar

10ml cornstarch

10ml curry paste

7ml grated ginger root

Cut chicken into strips. See, core and cut peppers into strips. Slice onions lengthwise and cut into 3 cm lengths. Peel and cut mango into 2cm pieces. Whisk together stock, sugar, soya sauce, vinegar, cornstarch and curry. In a wok, heat ½ of the oil over high heat.

Stir-fry chicken for 4 minutes or until no longer pink inside. Transfer to a plate. Add remaining oil to wok and stir-fry peppers for 2 minutes.

Stir in ginger; cook for 30 seconds. Add stock mixture and chicken; cook, stirring for 2 minutes, or until sauce is thickened and chicken is hot. Stir in onions and mango. Sprinkle with cashews. Serve with rice.

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Ingredients

Instructions

Summary

Yield: 6

Prep Time: 30 minutes

Category: Main Dish