

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.

Summary

Yield: 6

Prep Time: 30 minutes

Category: Main Dish

Ingredients

Instructions