

Mango Chicken Curry



Plan Z Phase: This is a Z3.5(ZReboot 3.5) recipe.

Lovers of Indian food are going to go ga-ga for this meal! This is a dish with enough spice to keep you interested but I'd put it in a medium category and not a spicy one. The mango is really interesting and it adds sweetness and lightness to the dish. The dish comes together in 30 minutes or less. It's totally delicious.

I found this recipe on a site called The Endless Meal. I usually refer to these things as my "inspiration recipes" because I put my own twist on them and change enough to make them mine. Not this time. As I was putting the recipe together, I kept coming to the same conclusion the originator did. I only made one tweak to the cooking methods and I was happy with the result.

Servings: Serves 2.

Ingredients:

- 2 Tbl of coconut oil. You can use solid coconut oil or liquid.
- 1 medium onion, chopped (Approx 2 cups)
- 4 cloves of garlic

- 4 Tbl of minced ginger
- 2 Tbl of curry powder. If you want yours to be milder you can cut back on this.
- 1 tsp of grated sea salt
- 1 tsp of grated pepper
- 3 ripe mangoes, peeled and cubed, or 3 cups of frozen mango chunks thawed and divided. It's not often you find ripe mangoes so feel free to use the frozen ones. They worked perfectly and are faster to work with.
- 1 can of coconut milk (14 oz)
- 1 lb of chicken cut into cubes. I used chicken breast. Thighs are an option, too.
- *Optional:* Rice or cauliflower rice. You can find cauliflower rice in the frozen section. If you choose rice, I recommend using Jasmine and trying to keep it to a minimum. My typical portion is about 1/4 cup. They make ready rice packages that you just pop in the microwave and voila.

Instructions:

Heat the coconut oil in a large sauté pan over medium heat. Add the onion, garlic, and ginger. Sauté until the onions are translucent, about three minutes.

Get out your blender. Add the onion mixture, curry powder, salt, pepper, one cup of the mango chunks, coconut milk, and a half cup of water. Blend on high until smooth. Remember you have a hot item in the blender, so I always hold a kitchen towel over the top of the blender and start off my blending very slowly and then increase the speed.

Return the mango-curry sauce to your sauté pan. Add the chicken chunks. Cook on medium for approximately 15 minutes, stirring fairly often. You just need to make sure the chicken gets cooked through (no pink in the middle). When you are sure the chicken

is fully cooked you can get ready to serve. If you are a novice, you can take a piece of chicken out and cut into it to double-check there is no pink. Stir in the rest of the mango chunks and you're ready to go.

Make your rice or cauliflower rice and serve the dish in bowls or on plates.

Enjoy!

Cheers,