LET'S EAT!

CHICKEN AND MANGO CURRY

60 minutes

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Allergens: celery

What is it?

A super sweet and tasty chicken dish with a mild intensity, but you can make it as spicy as you like by adding chilli powder to the mix during cooking!

MAKE IT FUN!

While your curry is simmering away, use your flatbread pizza recipe to make some fresh homemade naans - we added cheese to the middle of ours, delish!

What you'll need:

	For 2 people	3 people	4 people
Tumeric	1 tsp	1 tsp	2 tsp
Cumin	1 tsp	1 tsp	2 tsp
Chicken stock	400ml	400ml	600ml
Chicken thighs	2	3	4
Onion	1	1	2
Mango	1	1	2
Curry paste	60g	60g	75g
Ginger	½ tsp	½ tsp	1 tsp
Coconut milk	200g	200g	400g
Rice	150g	200g	250g

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Place the chicken thighs in a pan with a little oil then add the turmeric and a little salt, giving it all a stir. Brown the meat well on both sides. Remove from the pan.

Step 2:

Roughly cut all the fruit from the mango, leaving the stone and skin. Place the mango into a bowl with the curry paste, ginger and diced onion. Mix together, then tip into the pan and gently cook until the onions have softened. Stir in the cumin and turn up the heat for a couple of minutes.





Step 3:

Return the chicken to the pan, stir in the coconut milk and the dissolved chicken stock. Bring to a gentle simmer, then cover and cook for 40 minutes until the chicken is cooked through (no pink in the middle). Shred the chicken with 2 forks to break it into smaller pieces, then mix everything together to coat the chicken in the sauce.

Step 4:

Meanwhile, boil the rice in a saucepan of hot water until cooked to taste. Drain the rice and dish up into bowls or plates. Add a scoop of your delicious curry. Tuck in!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME ★1 ★2 ★3 ★4 ★5 LET'S MAKE IT AGAIN!